Do you feel the need to be perfect?

- Do you procrastinate on work for fear of it not being good enough?
- Do you feel that others expect perfection of you?
- Do you have anxiety or depression from your own or others' expectations?
- Do you never feel satisfied or feel extremely fearful of making errors?

Consider joining a UBC Treatment Study!

If you are interested in joining a treatment group for perfectionism, please contact Dr. Paul L. Hewitt's UBC Perfectionism Treatment Project at the University of British Columbia at hewittlab@psych.ubc.ca or (604) 822 0932. The treatment is being offered as part of a research study by Dr. Hewitt. Participants must be 19 years of age or older. Call for an assessment to see if the program is right for you.