

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.