

Are you reaching your full potential or limiting your performance? Two Forms of Perfectionism

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In the August 2010 issue of *Slowinski at-large*, I discuss the importance of positive perfectionism in becoming an elite athlete while also sharing insights into how maladaptive perfectionism can prevent an athlete from becoming the best bowler they can become. I also discuss environmental contributors to both forms of perfectionism as well as intervention strategies to help adapt transition from maladaptive perfectionism into positive perfectionism

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