Break the cycle of “never good enough” by joining the Overcoming Perfectionism group Monday evenings at 6pm.

Why Join This Group?

Do you set goals that are difficult or impossible to achieve? Do you fail to reward yourself when you do achieve them? Do you take your failures personally instead of looking at them as a learning experience?

Then you may benefit from Overcoming Perfectionism.

The program combines group meetings and support with exercises designed to help you overcome perfectionism and channel your energy into being successful.

How does it work?

For maximum flexibility, the program is delivered through video conferencing. You connect with your group by video, whether you are on campus, studying abroad, or doing fieldwork.

Sign Up Here

Groups are provided by iHope Network, not HUHS or CAMHS. HUHS has contracted with iHope to make these groups available to the Harvard Community at no cost.