

**Audience questions from the ICMDA webinar with
Dr Richard Winter - The pursuit of excellence and the perils of
perfectionism 9 March 2023**

1. Kalon: What do we do with Matthew 5:48 (KJV)? Be ye therefore perfect, even as your Father which is in heaven is perfect.
2. Anonymous: I agree that accepting 'good enough' is usually good enough and a way to avoid the trap of dysfunctional perfectionism. Our patients (and in the UK the politicians) do expect us to be infallible though. If I were a surgeon 'good enough' might well not be good enough: one needs to know (separate from detached statistics that may over-all be favourable) that a complication is not the result of a single procedure that technically could have been done better: here only the best is good enough. Would you agree that these standards vary between medical specialisms, but also that 'the best possible' is more defined and more achievable in surgery?
3. Anonymous: How do we reduce indecisiveness and procrastination related to perfectionism?
4. Shantha: How different is conscientiousness from perfectionism? Do they mean the same thing?
5. Lameck: Can pure influence cause unhealthy perfectionism?
6. Poh Tin: Is it genetic or nurture from 'tiger parents' or both?
7. John: When does the ambition required to excel in a career cross over with unhealthy perfectionism?
8. Anonymous: Is there any data on the frequency of perfectionism in different cultures? Somehow I expect this to come to Germans and other northern races more easily than maybe others...