

WORKSHEET 6.3: CONSIDERING THE LONG-TERM COSTS AND BENEFITS OF PERFECTIONISM

In one year's time . . . still having perfectionism

Area of life

My social life
My work/education
My finances
My emotional health
My relationship with my partner
My relationships with my children
My relationships with close friends
My relationships with my parents/
siblings
My contribution to the community
My spiritual life
How I feel about myself
Other (please specify)

What will have happened in this area?

In one year's time . . . no longer having perfectionism

Area of life

My social life
My work/education
My finances
My emotional health
My relationship with my partner
My relationships with my children
My relationships with close friends
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siblings
My contribution to the community
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What will have happened in this area?