

WORKSHEET 7.1.1: WHICH AREAS OF PERFECTIONISM APPLY TO ME?

Step 1: Circle each area in which you think you have perfectionism

Step 2: What goes through your mind about this area (thoughts)?

Step 3: What do you do in response to perfectionism in this area (behaviours)?

<i>Area of perfectionism</i>	<i>Thoughts</i>	<i>Behaviours</i>
Eating		
Shape		

Weight		
Social performance		
Checking locks, appliances		
Ordering objects		
Organisation		
House cleanliness		
Appearance		
Hygiene		
Artistic performance		
Musical performance		
Sporting performance		
Academic performance		

Work performance		
Intimate relationships		
Parenting		
Health and fitness		
Entertaining		

Reflection on Worksheet 7.1.1

What did you learn about your perfectionism by completing this worksheet?
