| WORKSHEET 7.5.4: REDUCING THE AMOUNT OF TIME SPENT ON A TASK WITH A BEHAVIOURAL EXPERIMENT |
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| What is my perfectionist belief? |
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| Identify the prediction in general: |
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| e prediction | precisely | (with | ratings | from | 0-100 |
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| | | | | | e prediction precisely (with ratings from |

| Revised belie | ef: | | |
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