

WORKSHEET 7.6.1: NOTICING THE NEGATIVE AND BROADENING ATTENTION

Step 1. Identify the area of perfectionism.

Step 2. Record the negative thoughts as you notice them, and rate how strongly you believe them on a scale of 0–100 per cent.

Step 3. Identify ways to broaden your attention to include *all* of the information. Ask yourself: (a) What positive aspects of my performance am I missing? (b) How can I focus my attention on things other than negative flaws, e.g. on noticing details around me?

Step 4. Record the outcome of broadening your attention.

1. Identify the area of perfectionism

2. Record negative thoughts and rate strength of belief in them

3. Ways to broaden my attention in the situation

4. Outcome

Reflection on Worksheet 7.6.1:

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