

WHAT IS PERFECTIONISM?

WORKSHEET 1.1: QUESTIONS TO HELP DETERMINE IF YOU HAVE UNHELPFUL PERFECTIONISM

1. Do you continually try your hardest to achieve high standards?
2. Do you focus on what you have *not* achieved rather than what you *have* achieved?
3. Do other people tell you that your standards are too high?
4. Are you very afraid of failing to meet your standards?
5. If you achieve your goal, do you tend to set the standard higher next time (e.g. run the race in a faster time)?

OVERCOMING PERFECTIONISM

6. Do you base your self-esteem on striving and achievement?

7. Do you repeatedly check how well you are doing at meeting your goals?

8. Do you keep trying to meet your standards, even if this means that you miss out on things or if it is causing other problems?

9. Do you tend to avoid tasks or put off doing them in case you fail or because of the time it would take?