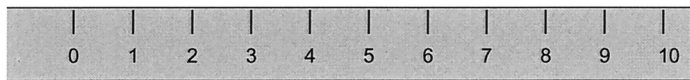


## WORKSHEET 6.1: CONSIDERING THE IMPORTANCE OF CHANGING PERFECTIONISM AND YOUR CONFIDENCE THAT YOU CAN MAKE CHANGES

First think of the importance of changing perfectionism as being a ruler marked from 0 to 10, as shown below, where 0 equals not important at all and 10 equals extremely important. What score would you give yourself out of 10? Put a circle round the appropriate number.



Now ask yourself the following questions:

- (1) If the score isn't 0, why not? What are the reasons that change is more important to you than 0?

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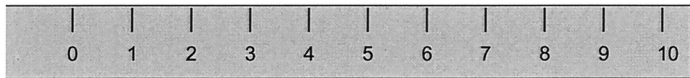
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- (2) If the score is not 10, why not? What would have to happen to make this score higher? What would you be noticing about yourself if the score were to be higher? What resources would you have to draw upon to get to the higher score? What people in your life may be able to help you get there?

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Now think of the ruler as indicating your level of confidence in being able to change, where 0 equals no confidence at all and 10 equals extremely confident. Decide what score you would give yourself out of 10 and circle that number.



Now ask yourself the following questions:

- (3) If the score isn't 0, why not? What are the reasons that your confidence in your ability to change is greater than 0?

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- (4) If the score isn't 10, why not? What would have to happen to make this score higher? What would you be noticing about yourself if the score were to be higher? What resources would you have to draw upon to get to the higher score? What people in your life may be able to help you get there?

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