

WORKSHEET 71.2:

SELF-MONITORING AREAS OF PERFECTIONISM

Over the next week, identify examples of when your perfectionism is a problem.

Step 1: Record both the area of perfectionism and the particular situation.

Step 2: Record your thoughts. Ask yourself: 'What was going through my mind?'

Rate how strongly you believe the thought: 0 per cent=do not believe at all; 100 per cent=completely believe.

Step 3: Record your behaviour. What did you do?

Step 4: Record your feelings. Examples are: anxious, sad, angry, ashamed, depressed, scared, embarrassed, irritated, happy, disappointed, excited. Rate your feelings: 0 per cent=no feeling; 100 per cent=strongest feeling.

OVERCOMING PERFECTIONISM

<i>Perfectionism area and situation</i>	<i>Perfectionism thoughts</i>	<i>Perfectionism behaviour</i>	<i>Feelings (rate 0–100 per cent)</i>
Work, sending an email to a colleague	I have to be perfectly clear and succinct in how I write the email or I will seem incompetent (90 per cent)	Take 1 hour to check and keep rewording the email to make sure it is just right before sending	Anxious (75 per cent)

Reflection on Worksheet 7.1.2:

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