

WORKSHEET 7.6.2:  
DIARY OF POSITIVE COMMENTS AND  
LACK OF NEGATIVE COMMENTS

<i>Area</i>	<i>Positive evidence</i>	<i>Lack of negative evidence</i>
Work	Boss commented that I did a good job on my presentation	No one criticised the presentation or how I appeared
Appearance	Friend commented that I looked good tonight	No one said that I looked bad
Social	People approached me to talk	No one said I looked anxious or that I was boring


*Reflection on Worksheet 7.6.2:*

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

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