

WORKSHEET 9.5: WHEN THE GOING GETS
TOUGH, THE TOUGH GET GOING
(AND KEEP GOING)

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| What have I learned about what kept my perfectionism going? | |
| What are all the strategies I have learned to address perfectionism? | |
| What are my personal 'top tips' for techniques that I have found useful? | |
| What situations will be particularly tough for my perfectionist tendencies? | |
| How will I deal with those situations? | |
| If I had to tweet one thing to help me remember this self-help programme, what would it be? | |