CHALLENGING PERFECTIONISTIC THOUGHTS

ORIGINAL THOUGHT:

"UGH, WHY ARE YOU LIKE THIS? THAT WAS SO SIMPLE."

But what if you reframed this thought?

NEW THOUGHT:

"WHOA. I'M NOT SURE WHAT HAPPENED THERE. WHAT CAN I DO NOW?"

CHALLENGING PERFECTIONISTIC THOUGHTS

ORIGINAL THOUGHT:

"I SHOULD HAVE KNOWN BETTER. I'M A RETURNER."

But what if you reframed this thought?

NEW THOUGHT:

I KNEW WHAT I KNEW IN THE MOMENT AND I'LL DO BETTER NEXT TIME.

ORIGINAL THOUGHT:

"EVERYONE'S COUNTING ON ME. I CAN'T MESS THIS UP!"

But what if you reframed this thought?

NEW THOUGHT:

"MISTAKES AREN'T FATAL. I'VE GOT THIS. MOVE FORWARD."

CHALLENGING PERFECTIONISTIC THOUGHTS

ORIGINAL THOUGHT:

"I NEED TO DO THIS RIGHT. I'VE ALREADY ASKED FOR HELP."

But what if you reframed this thought?

NEW THOUGHT:

"THIS IS SOMETHING I'M STILL WORKING ON. IT'S OKAY TO ASK FOR HELP."

CHALLENGING PERFECTIONISTIC THOUGHTS

ORIGINAL THOUGHT:

"I JUST WANT TO MAKE SURE IT'S PERFECT. IT NEEDS TO BE PERFECT."

But what if you reframed this thought?

NEW THOUGHT:

"WHO TOLD ME IT HAD TO BE PERFECT? GOOD ENOUGH WILL DO."

#THEPERFECTIONISMPLUNGE

ORIGINAL THOUGHT:

"IF I'M NOT AROUND WHENEVER MY STUDENTS NEED ME, THEY'LL THINK I'M A BAD RF."

But what if you reframed this thought?

NEW THOUGHT:

"I CAN STILL BE A GOOD RF WITHOUT BEING AVAILABLE 24/7. I'M MORE THAN JUST MY JOB. "