

CHALLENGING PERFECTIONISTIC THOUGHTS

How does perfectionism manifest in your life? Write down an example below and answer the questions to create a new thought associated with this situation.

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Write down a perfectionistic thought related to your situation above:

Is this a judging, blaming or shaming thought? If so, how can you tell?

What would you say to a friend or co-worker in the same situation?

How can you re-frame this thought? Write down your new thought below:

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