

## Perfectionism Worksheets

The following are some common signs of perfectionism. Check off the ones you relate to:

- You often set exceptionally high standards for yourself.
- You often criticize yourself harshly.
- You base your self-worth and value on your accomplishments.
- You are often afraid of disappointing people.
- You often feel afraid of making mistakes and often find yourself dwelling on your past mistakes and imperfections.
- You tend to procrastinate or not start things especially when you don't think you can do them perfectly or when there is a chance of failure.
- You have an excessive need to feel in control at all times.

Notes

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1. Has perfectionism been a lifelong problem for you? At what age did you begin to notice that perfectionism was an issue? Has it worsened or improved over time?

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2. Was there a time when your perfectionism was helpful to you? If so, how? What changed over time?

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3. Are you aware of any early experiences that may have caused perfectionism (e.g. modeling of perfectionistic behaviors by caregivers, external pressure, criticism, reinforcement of perfectionistic behaviors, etc.)?

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4. In what ways has your perfectionism been rewarded in your life?

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5. What feelings do you tend to experience when your perfectionism is triggered? Anxiety? Fear? Inadequacy? Shame? Guilt?

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6. How do you feel physically when perfectionism-related feelings hits (e.g. intense arousal symptoms such as racing heart, breathlessness, sweating, stomach ache, dizziness, etc.)?

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7. Do you tend to feel frightened by any of the physical sensations that you experience when your perfectionism is triggered? Do you worry that they might lead to some sort of catastrophe?

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8. What sorts of situations tend to trigger feelings of inadequacy, anxiety, or distress? In what areas of your life do you tend to be most perfectionistic? At home? At school? At work?

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9. What high standards do you have for yourself in each of those situations? Are you able to meet those standards? If so, at what cost?

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10. Do your standards help you to achieve your goals or do they cause you to get less work done?

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11. What would be the costs of relaxing a particular standard or ignoring a rule that you have for yourself or others?

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12. What would be the benefits of relaxing a particular standard or ignoring a rule that you have for yourself or others?

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13. To what degree do you define your self-worth in terms of your attaining your goals?

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14. Think about the last time you were crippled by perfectionism. What thoughts popped into your head right before your feelings of inadequacy are triggered?

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15. What do you fear might happen if you made a mistake or other people noticed a mistake or imperfection?

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16. What behaviors do you tend to engage in when as a result of your perfectionism to prevent feelings of inadequacy and anxiety? The following are examples of common coping behaviors perfectionist tend to engage in. Check off the ones you relate to and add ones of your own:

- Avoiding anxiety-provoking situations
- Avoiding socializing with people who trigger feelings of inadequacy
- Procrastinating on a project or task

- Overpreparing
- Repeated checking to make sure everything is perfect
- Suppressing negative thoughts
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17. Reflect on the behaviors you stated above. How are they affecting you?

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18. Is your perfectionism causing problems in your relationships with others (e.g., friendships, romantic relationship, parenting)?

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In a year's time what will have happened in these areas without perfectionism?	
Work/education	
Intimate relationship	
Social life	
Emotional health	