Perfectionism Worksheet

Name: _____

Instructions: The following worksheet is designed to help you explore and address your perfectionistic tendencies. Take your time to reflect on each question and provide honest answers. Remember, the goal is to develop a healthier relationship with perfectionism, so be kind to yourself during this process.

UNDERSTANDING PERFECTIONISM

Describe how you define perfectionism in your own words.

How has perfectionism influenced your life, both positively and negatively?

Identify areas or tasks where you exhibit perfectionistic behavior (e.g., work, relationships, personal appearance)

CHALLENGING PERFECTIONISTIC THOUGHTS

Write down a recent situation where you felt pressure to be perfect. Describe the thoughts or beliefs that contributed to this pressure.

Challenge those perfectionistic thoughts by asking yourself: What evidence is there to support this belief? What evidence is there against this belief? Is this belief realistic and achievable?

Identify alternative, more balanced thoughts or beliefs that counteract perfectionism.

EMBRACING IMPERFECTION

Reflect on a time when you allowed yourself to be imperfect or accepted a less-than-perfect outcome. How did it make you feel? What did you learn from that experience?

List three practical steps you can take to embrace imperfection in your daily life.

SEEKING SUPPORT

Consider reaching out to others for support in overcoming perfectionism. Who could be a helpful ally or accountability partner in your journey?

Write down specific actions you can take to seek support.

CONCLUSION

Reflect on what you have learned from completing this worksheet and how you plan to apply these insights to your life.

ADDITIONAL NOTES

Specify below: