



Perfectionism

1. Identify three **high** standards you have set for yourself:

*Standard:

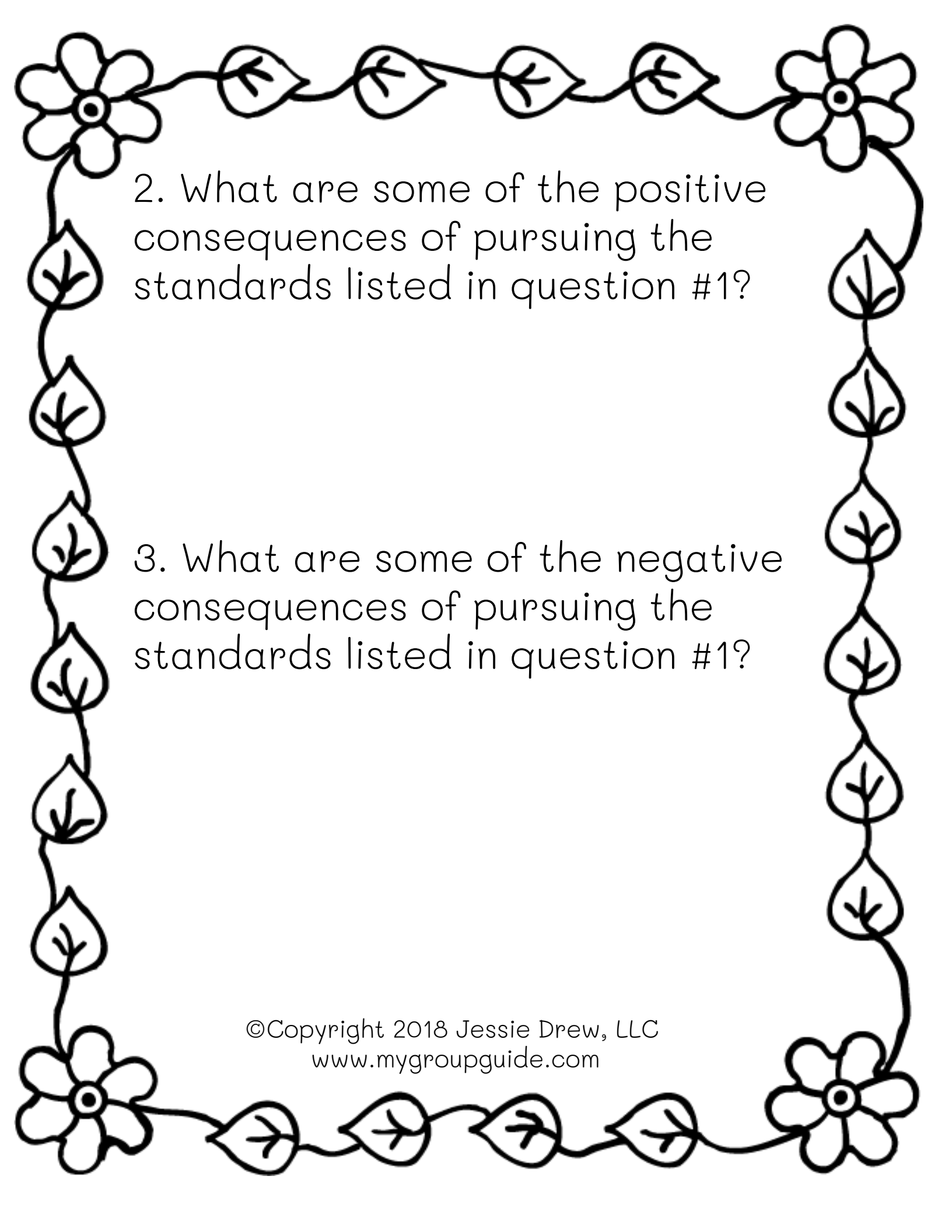
Is this standard reasonable for me?

*Standard:

Is this standard reasonable for me?

*Standard:

Is this standard reasonable for me?



2. What are some of the positive consequences of pursuing the standards listed in question #1?

3. What are some of the negative consequences of pursuing the standards listed in question #1?



Credits

[Images from Rocky Creek Studio](#)

-Thank you for the border frame!

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