

# Perfectionism

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

\*Standard:

Is this standard reasonable for me?

\*Standard:

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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?





# Perfectionism

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\*Standard:

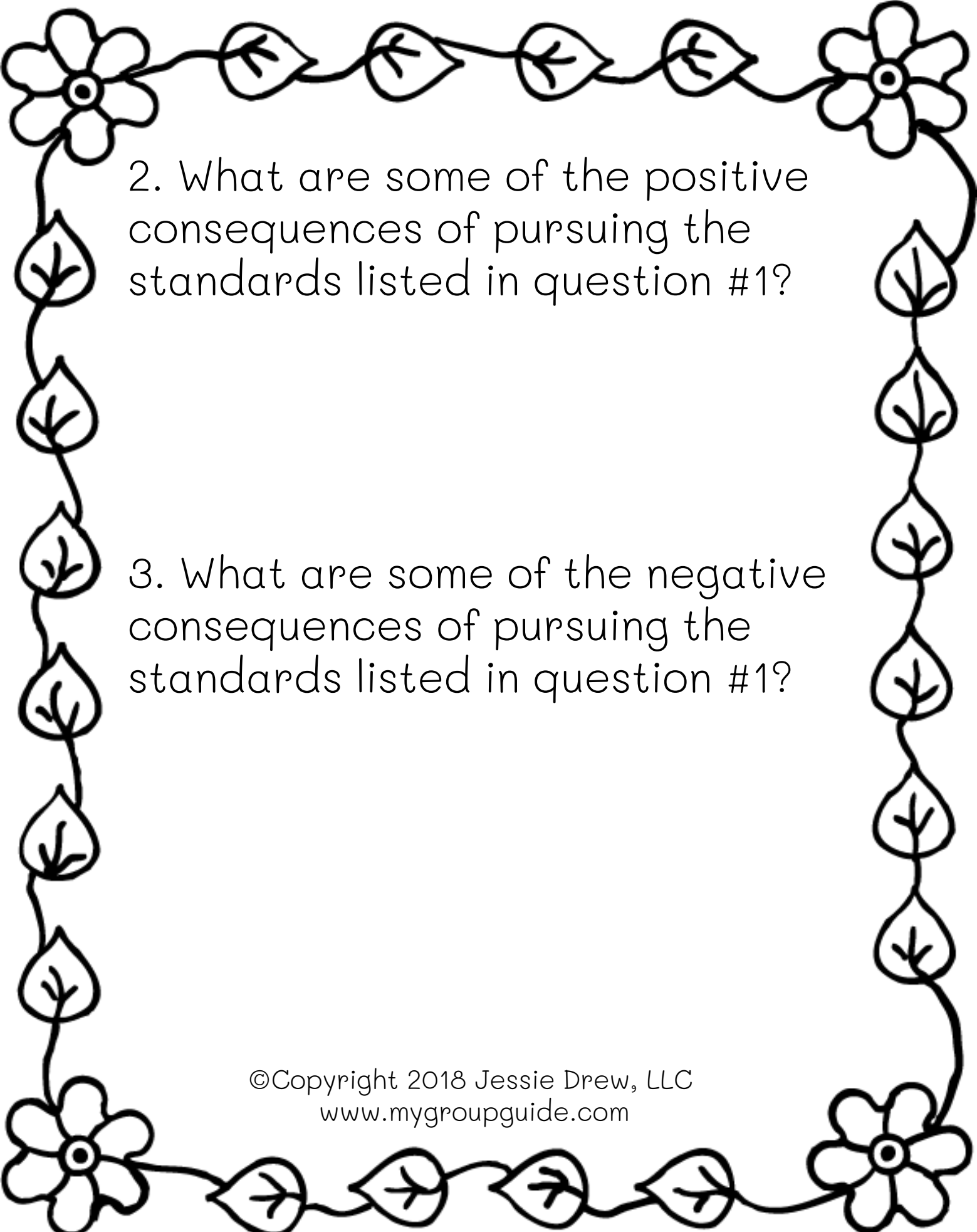
Is this standard reasonable for me?

\*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!



[Alina V Design and Resources](#)

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STUDIO**



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-Thank you for the flowers!