My Perfectionism Map

High standards are fine. The trouble starts when my worth depends on meeting them.

Name: _____ **Date:** _____

1 Where my standards live

Tick each area, then rate how much my self-worth rides on doing it perfectly, 0 to 10

- ☐ Work or study — Worth on it, 0 to 10: ____
- ☐ Looks, body or food — Worth on it, 0 to 10: ____
- ☐ Health and exercise — Worth on it, 0 to 10: ____
- ☐ Friends and partner — Worth on it, 0 to 10: ____
- ☐ Home and tidiness — Worth on it, 0 to 10: ____
- ☐ Parenting or caring — Worth on it, 0 to 10: ____
- ☐ Emails and messages — Worth on it, 0 to 10: ____
- ☐ Hobbies and sports — Worth on it, 0 to 10: ____

2 My rules and what they cost

Write the unspoken rule with must, should or if, then what it costs and a more flexible version

My rule	What it costs me	A more flexible rule
e.g. "I must never make a mistake"		

3 My perfectionism cycle

Fill in each box. Notice how the bar is never safely cleared

My standard

When I fall short, I tell myself

When I meet it, I tell myself

What I check, redo or avoid

4 Payoffs and costs

Be fair to both sides. Knowing what I would give up makes change easier

What perfectionism gives me e.g. praise, control, fewer surprises	What it costs me e.g. time, sleep, fun, relationships

What I would do with the time and energy I got back: _____

One standard I want to keep, and one I want to test: _____

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My Good Enough Practice Plan

Good enough is not careless. It is the level a fair friend or colleague would accept.

Name: _____ **Date:** _____

1 My good enough standards

Pick everyday tasks. Write my usual standard, a good enough standard and a time limit

Task	My usual standard	Good enough standard	Time limit
e.g. weekly email			

2 My behavioral experiments

Break the rule on purpose, a little. E.g. send after one read, stop at the time limit, ask for help early

What I will do differently	What I predict will happen	How sure 0 to 100%	What actually happened	How sure now

3 Coach, not critic

When I slip, I answer the critic and remember I am more than my results

When I make a mistake, my critic usually says: _____

My coach would say instead (specific, fair, next step): _____

Three things I value about myself that are not about performance:

1. _____ 2. _____ 3. _____

One thing I will do this week just for fun, not to do it well: _____

For therapists and clients

1. Perfectionism is a trait and a pattern, not a diagnosis. High standards are fine; rigid ones that run my worth are the target.
2. Start with small experiments. A little discomfort is the point; it usually fades faster than predicted.
3. Watch for swaps: asking others if it was okay is still checking. Drop reassurance seeking too.
4. Therapists: perfectionism often travels with depression, anxiety, OCD and eating problems. Check for them too.
5. Do not fill this in perfectly. Rough notes and crossed out words are part of the practice.

In the US, call or text 988 (Suicide and Crisis Lifeline) any time, day or night.

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