Perfectionism vs Healthy Striving

Shoulds. Fear if imperfect. Kinder standard. Experiment. Review.

Name: _____ **Date:** _____

1. Domain

One area: school, sport, social, looks.

2. The should

One rule in your words.

3. Fear if imperfect

What worth / belonging risks?

4. Feeling + intensity

Name it. Rate 0 to 10.

5. Spot the trap

All-or-nothing? Shoulds? Gently.

6. Kinder standard

Keep values. Drop the impossible.

7. Tiny experiment

One safe try that tests the fear.

8. Review

What happened? Adjust next time.

Tip: high standards can stay. Untie worth from flawless performance.

Safety: if unsafe thoughts appear, stop and get help. US: 988 · HOME to 741741 · 911

Healthy striving keeps values. Perfectionism makes performance equal worth.

Original layout by Lotus & Tulip, based on perfectionism skill practice. A practice tool, not therapy.

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My Perfectionism Worksheet

Shoulds. Fear if imperfect. Kinder standard. Experiment.

Name: _____ **Date:** _____

Domain (school / sport / appearance / social / other):

_____

The should / rule (one sentence):

_____

_____

Fear if imperfect (what might happen to worth / belonging):

_____

Feeling: _____ **Intensity 0-10:** _____

Kinder, workable standard (keep values, drop impossible):

_____

_____

Tiny experiment (when / where / what I will try):

_____

What happened after / re-rated feeling:

_____

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Perfectionism Practice Log

Seven days of shoulds, kinder standards, and experiments.

Name: _____ **Date:** _____

Day / date	Should / fear	Kinder standard	Experiment	After
1.				
2.				
3.				
4.				
5.				
6.				
7.				

Teen mini card (cut out and keep)

Should: _____ Fear if imperfect:

Kinder standard: _____

One tiny experiment before today ends. Worth is wider than one outcome.

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