

# Perfectionistic Thoughts, Feelings and Behaviours

## Instructions:

Perfectionism is about the unrealistic expectations that people might have for themselves and for other people in their life. Perfectionism comes in three different "flavours": (1) Some people expect themselves to be perfect, (2) Some people expect other people to be perfect, and (3) Some people think that other people in their life, like a parent, coach, or teacher, expect them to be perfect. These three flavours lead to different thoughts, feelings and behaviours.

Your task is to complete the empty boxes below so you can identify the thoughts, feelings and behaviours associated with each flavour, and how they are different to doing things well. The first one is completed as an example

## DEMANDING PERFECTION FROM YOURSELF

### THOUGHT

"When I do something, it has to be perfect"

### EMOTION

Anxious, frustrated and overwhelmed

### BEHAVIOUR

Avoiding tasks in which you feel you cannot do perfect

## BELIEVING OTHER PEOPLE EXPECT YOU TO BE PERFECT

### THOUGHT

### EMOTION

### BEHAVIOUR

## DEMANDING PERFECTION FROM OTHER PEOPLE

### THOUGHT

### EMOTION

### BEHAVIOUR

## "DOING THINGS WELL"

### THOUGHT

### EMOTION

### BEHAVIOUR