

Est.
1841

YORK
ST JOHN
UNIVERSITY

“MANY
PEOPLE IN MY
LIFE EXPECT
ME TO BE
PERFECT”.

Est.
1841

YORK
ST JOHN
UNIVERSITY

“I FEEL THAT
PEOPLE ASK
A LOT OF
ME”.

Est.
1841

YORK
ST JOHN
UNIVERSITY

“I WANT TO BE
PERFECT IN
EVERYTHING I
DO”.

Est.
1841

YORK
ST JOHN
UNIVERSITY

“I EXPECT A
LOT FROM MY
FRIENDS”.

Est.
1841

YORK
ST JOHN
UNIVERSITY

“I’M CONCERNED
I WILL MESS
THINGS UP FOR
THE TEAM.”

Est.
1841

YORK
ST JOHN
UNIVERSITY

“I TELL MY
FRIENDS OFF
WHEN THEY
ACCEPT
SECOND BEST”.

Est.
1841

YORK
ST JOHN
UNIVERSITY

“I ALWAYS
TRY TO BE AS
PERFECT AS I
CAN”.

Est.
1841

YORK
ST JOHN
UNIVERSITY

“MY FAMILY
EXPECTS
EVERYTHING
TO BE
PERFECT”.

Est.
1841

YORK
ST JOHN
UNIVERSITY

“PEOPLE
EXPECT MORE
FROM ME
THAN I AM
ABLE TO GIVE”.

Est.
1841

YORK
ST JOHN
UNIVERSITY

“I GET ANGRY
WHEN I DON'T
DO MY BEST”.

Est.
1841

YORK
ST JOHN
UNIVERSITY

“I FEEL THAT I
HAVE TO DO
MY BEST ALL
THE TIME”.

Est.
1841

YORK
ST JOHN
UNIVERSITY

“EVERYTHING
I DO HAS TO
BE PERFECT”.

Est.
1841

YORK
ST JOHN
UNIVERSITY

“I WORRY THAT
OTHER PEOPLE
WON’T THINK I
HAVE DONE MY
BEST”.

Est.
1841

YORK
ST JOHN
UNIVERSITY

“I GIVE UP
WHEN THINGS
AREN’T
GOING RIGHT
FOR ME”.

Est.
1841

YORK
ST JOHN
UNIVERSITY

“I GET
IRRITATED IF A
TEAMMATE
MAKES A
MISTAKE”.

Est.
1841

YORK
ST JOHN
UNIVERSITY

“I WANT TO
ACHIEVE THE
VERY BEST
GRADES I
CAN”.

Est.
1841

YORK
ST JOHN
UNIVERSITY

“THE PEOPLE
AROUND ME
SHOULD
NEVER LET ME
DOWN”.

Est.
1841

YORK
ST JOHN
UNIVERSITY

“OTHER
PEOPLE THINK
I HAVE FAILED
IF I AM NOT
THE BEST”.