



# Prefectionism Worksheet

Let's begin by analyzing the characteristics of Sunny and Scribbles.



What do you think is the difference being highlighted here?

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Who do you relate with the most?

Sunny

Scribbles

A Blend of both their Characteristics

Despite the presence of individuals in our environment asking us to be "perfect", it is crucial to understand that the terms "flawless", "perfect", "faultless" in every aspect of life (parenting, work, education, relationships, appearance, and so on) are idealistic abstractions that do not exist in reality.

Think of the situations in which you have found yourself chasing perfectionism.

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Now, ask yourself the following questions:

Which situation most highlights my need to be perfect?

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How do I feel when I am not able to achieve the perfect goal?

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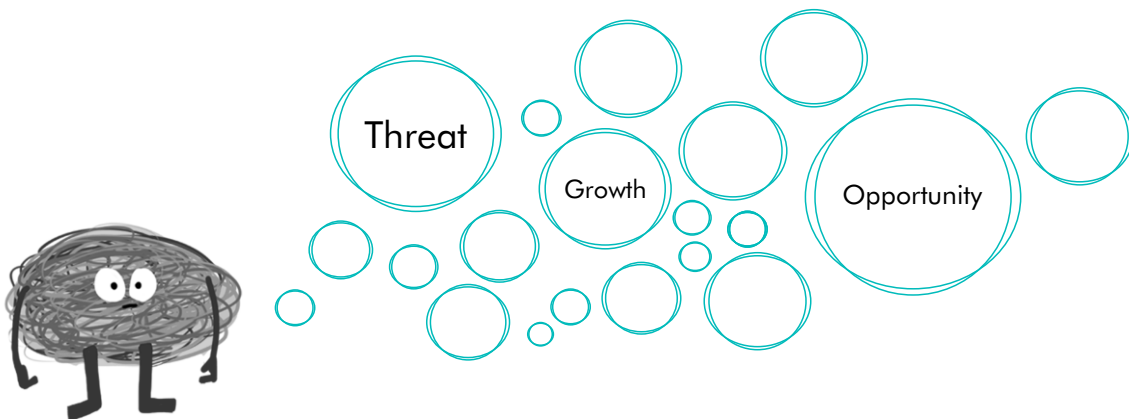
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What are the thoughts that come to my mind when I don't achieve the perfect goal?

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Am I experiencing guilt? If yes, what am I guilty about?

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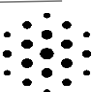
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Am I being critical of myself or am I seeing this as an opportunity for growth?

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It is essential to pause and reflect to better understand your emotions and shift your focus to the didactic motive of the situation. You can see it is an opportunity to grow by asking the following questions to yourself:

What is this particular situation trying to teach me?

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What would the current situation have looked like if I hadn't put in all the effort to perfect my goals?

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While engaging in this process, you could also motivate yourself by using self-affirmations like "a small mistake does not define my overall success." Negative, unhelpful, and self-critical thoughts can, indeed, be overwhelming. Identifying them, challenging them, reflecting on them, and understanding their negative consequences early in life can certainly help you achieve greater heights and acknowledge that "perfection" is not a goal, it is a mindset that can be changed.



How would I respond to others who spend a great deal of their time making everything perfect?

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How do I feel when I reframe my thoughts and adopt a different perspective to overcome perfectionism?

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### DID YOU KNOW?

As the Japanese poet, Naoki Higashida, mentioned in his book - *Always remember "fall 7 times, and rise up 8"*. This phrase is synonymous with the concept of Daruma Dolls based on the Buddhist Monk - Bodhidharma - who is believed to be the founder of Zen Buddhism. These dolls are developed in various shapes and forms with the common idea of having an extra weight at the bottom of their hollow bodies such that each time it falls, it stands back up - representing resilience, perseverance, motivation, and good luck.

