Guide:

1. Write down one perfectionist attitude that you have in column 1.
* For example: “If my assignment isn’t perfect (anything important to you can fit here) I will fail”
1. Write what is unrealistic or unkind to yourself about the attitude in column 1 in column 2. For this part, take into account what parts or vulnerabilites of you your perfectionist attitudes are protecting, and how to be kind to them while still living practically.
* For example: I cannot know for sure if I will or will not fail something. It is unrealistic for me to spend more time on my assignment (anything important to you can fit here)
1. The most important step. Write an affirmation that takes into account what is unrealistic with the perfectionist attitude in question, corrects it, and is kind to yourself.
* For example: I will spend the amount of time on my assignment that I can afford, and it’s okay if it is not perfect, it still has value.

| Perfectionist Attitude | Unrealistic Part of the Attitude | Positive Affirmation |
| --- | --- | --- |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |