**Self-Monitoring Perfectionist Worksheet**

| What is happening to make you write? (who, what, where, when?) | Identify any automatic thoughts, interpretations, and predictions | Interpret your body’s emotional and physical response to the situation? | Name any performance related behaviours you used in this situation? | Question your perfectionist standard. What is it and why? |
| --- | --- | --- | --- | --- |
| **Ex.** I handed in my assignment and feel like it will never reach its best potential. | **Ex.** I don’t work hard enough, I have failed, II should do better and push myself even harder. | **Ex.** Feel shame and disappointment for not meeting standards. | **Ex.** Comparison-making, scrutinising, reassurance-seeking, avoidance | **Ex.** Meeting my high standards is important because doing well correlates to my worth. |