***Perfectionism Worksheet***

Revisiting old hurts can help you reevaluate the memory and heal it.

1. *Think of the last time you felt you needed to be perfect. What physical and emotional sensations from the experience trigger this sense of perfectionism in you?*

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1. *Can you reflect on past memories that may fuel these particular emotions? Explain.*

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1. *On a scale from 1 (mild) to 10 (extreme), how traumatic was this event in your life? Explain why.*

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1. *Can you identify what vulnerability this particular experience triggered specifically? What thoughts were going through your mind as it happened?*

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1. *Find the meaning of your emotions and why you feel this way about this event. What can you do for yourself to change what is not working?*

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1. *What are some reasonable changes you can implement to help change behaviour going forward?*

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