

PERFECTIONISM

CHALLENGE THE THOUGHT

EXERCISE 19

Perfectionism often shows up as harsh, all-or-nothing self-talk. Use this to catch those thoughts, question them, and create a kinder alternative.

STEP 1: WRITE DOWN THE THOUGHT

Example: "If I make one mistake, everyone will think I'm useless."

Step 2: Spot the Thinking Trap

ALL-OR-NOTHING

"It's either perfect or a disaster."

CATASTROPHISING

"One mistake = everything is ruined."

OVERGENERALISING

"I always mess things up."

OTHER

Step 3: Challenge It

WHAT'S THE ACTUAL EVIDENCE FOR THIS?

WHAT WOULD I SAY TO A FRIEND WHO THOUGHT THIS?

HAS IT EVER BEEN TRUE THAT "GOOD ENOUGH" WAS ENOUGH?

THE REFRAME

Step 4: Reframe It

Rewrite the thought to be balanced. Example: "Even if I make a mistake, the work still has value."

MY REFRAME:

Step 5: Practice

- SAY THE NEW THOUGHT OUT LOUD.
- NOTICE HOW IT FEELS.

"Thoughts lose their grip when you name them, question them, and replace them."