# My perfectionism behaviours

Tick the things you do that keep perfectionism going.

Name _____ Date _____

Perfectionism is kept going by two kinds of behaviour: doing too much, and avoiding. Tick the ones you recognise.

## Doing too much

- ☐ Checking work over and over
- ☐ Rewriting and redoing
- ☐ Over-preparing
- ☐ Making lists of lists
- ☐ Working long hours
- ☐ Researching far beyond what is needed
- ☐ Correcting other people
- ☐ Tidying and organising excessively
- ☐ Seeking reassurance that it is OK
- ☐ Taking over, not delegating

## Avoiding

- ☐ Putting tasks off until the last minute
- ☐ Not starting unless I can do it perfectly
- ☐ Giving up early when it is not going well
- ☐ Not trying new things
- ☐ Avoiding being evaluated
- ☐ Not finishing, so it cannot be judged
- ☐ Being indecisive
- ☐ Hiding my work

| The behaviour | What I fear would happen if I stopped | How hard to change (0 to 10) |
|---|---|---|
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**The first one I will work on**

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# Good enough experiments

Do it less than perfectly, on purpose, and see what happens.

Name _____ Date _____

The fear behind perfectionism is that anything less will lead to disaster: criticism, failure, being found out. The only way to check is to try.

## Ideas

- [ ] Send an email after one read-through
- [ ] Set a time limit for a task and stop when it ends
- [ ] Leave one small thing untidy
- [ ] Hand in something at 80%
- [ ] Say "I do not know" in a meeting
- [ ] Ask for help with something
- [ ] Leave on time
- [ ] Try something I am not good at
- [ ] Let someone else do it their way
- [ ] Make a small mistake deliberately

| What I did differently | What I predicted would happen | What actually happened | What I did with the time or energy saved |
|---|---|---|---|
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**What am I learning?**

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