The costs and benefits of my high standards

What perfectionism gives you, and what it takes.

Name _____ Date _____

Perfectionism has benefits, which is why it is hard to give up. An honest look at both sides helps you decide what is worth changing. Tick what fits and add anything else.

What my high standards give me

- ☐ Good results
- ☐ A sense of control
- ☐ Pride in my work
- ☐ Praise or respect
- ☐ Safe from criticism
- ☐ Being relied on

What they cost me

- ☐ Time
- ☐ Sleep
- ☐ Enjoyment
- ☐ Peace of mind
- ☐ Energy
- ☐ Health
- ☐ Time with people

Area of life	Effect of my perfectionism
Work or study	
Relationships and family	
Health and rest	
Hobbies and enjoyment	
How I feel about myself	

What am I afraid would happen if I eased off?

Is that definitely true? How could I find out?

What I would like to be different

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