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)

The first one I will work on

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