

Perfectionism Diary

In *When Perfect Isn't Good Enough – Strategies for Coping with Perfectionism*, Martin Antony and Richard Swinson make the point that in therapy and counseling, the process of helping an individual with a particular problem typically begins with an assessment (Antony & Swinson, 2009).

This worksheet provides a valuable template to diarize perfectionist thinking when it happens. Its completion and later review will help identify triggers and patterns involved in thought processes.

Complete the table below by capturing each situation that led to the use of perfectionist tendencies.

Keep copies of the completed forms and review once a week to see where you may be setting yourself too high expectations or impossible to maintain standards.

References

- Antony, M. M., & Swinson, R. P. (2009). *When perfect isn't good enough: Strategies for coping with perfectionism*. Oakland, CA: New Harbinger Publications.

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| Date and time: | What was the situation? | What perfectionist thinking did you engage in? | What perfectionist behaviors did you engage in? | How were your moods/emotions (angry, anxious, sad, etc.)? |
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