

Reevaluating Your Perfectionist Standards

Awareness of the triggers that lead to perfectionism is crucial, yet so is an understanding of how perfectionism affects our lives.

Use the following questions to understand the effect of your perfectionist standards on your life:

Do you think your standards are higher than other people's standards? If so, how?

Are you able to meet the standards you set yourself?

Are others able to meet the standards you set for them?

Do your standards help, or get in the way of you achieving your goals?

What would happen if you relaxed your standards?

Costs	Benefits

Working through these questions can help you gain perspective regarding the effect of your perfectionist standards on your life.

Dr. Jeremy Sutton