



ARE YOU A PERFECTIONIST?

1. IDENTIFY IF YOU ARE A PERFECTIONIST?

ASK YOURSELF A FEW QUESTIONS THAT MAY SUGGEST PERFECTIONIST BEHAVIOUR. IDENTIFY PERFECTIONIST FEELINGS, THOUGHTS AND BEHAVIOURS.

2. FIND USEFUL TOOLS TO OVERCOME YOUR PERFECTIONISM

CHANGE FEELINGS, THOUGHTS AND BEHAVIOURS USING SEVERAL TIPS. BE REALISTIC, USE PERSPECTIVE AND COMPROMISE OFTEN TO MAKE PROGRESS.

3. REWARD YOURSELF

GIVE YOURSELF CREDIT FOR OVERCOMING YOUR PERFECTIONISM. TAKE TIME FOR YOURSELF AND TO ACKNOWLEDGE YOUR ACCOMPLISHMENTS.

FOR MORE INFORMATION ON HOW TO FOLLOW THESE
STEPS TO IDENTIFY AND OVERCOME PERFECTIONISM
VISIT: [HTTPS://WWW.ANXIETYBC.COM/SITES/DEFAULT/FILES/PERFECTIONISM.PDF](https://www.anxietybc.com/sites/default/files/perfectionism.pdf)