

## Identifying Perfectionist Triggers

There are most likely recurring themes, activities or triggers behind your perfectionist thinking and behavior.

The table below will help you build a picture of, and reflect on, those activities that trigger your perfectionism.

Complete the following table:

Complete the boxes relevant to you, add new ones as required, and include your belief (or expectation) and an intensity score (how big a deal it is) for each activity or task.

Location	Activity/Task	Perfectionist belief	Intensity score 0-100 (how intense is your perfectionism?)
College	Attending an exam	Unless I study 7 days a week, without a break, I will fail.	90
Work/School			
Hobbies			
Parenting			
Sport			

Location	Activity/Task	Perfectionist belief	Intensity score 0-100 (how intense is your perfectionism?)
Relationships			
Around the house			

Review the form regularly – add more lines and look for patterns in your perfectionist thinking and behavior. Identify where you need to cut yourself some slack and areas in your life where perfectionism could be doing harm.