

## Perfectionist Beliefs 'Flexibility' Self-Assessment

Assessing the flexibility of your perfectionist thinking is a valuable activity—the less rigid and more flexible your thought patterns, the easier it is to change unwanted or incorrect beliefs.

Use the following worksheet to identify where your thinking is rigid and where you may need to focus further attention from now on (modified from Antony & Swinson, 2009).

Ask yourself the following questions:

**Do you find it difficult to recognize when you are being a perfectionist? Give examples.**

**Do you find it difficult to relax your high standards? Give examples.**

**Are you typically unwilling to consider someone's suggestion that you are being a perfectionist? Give examples.**

**Do you typically disagree when someone says your standards are too high? Give examples.**

**Do you get upset when *you* can't meet your own standards?**

**Do you get upset when *others* can't meet your standards?**

If you are inflexible regarding your perfectionist thinking, you may find breaking free of it more difficult. Yet, in time, you can learn to ease up on yourself and others.

Performing this assessment was a great start.

## 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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