A PAUSE, A PRACTICE, A NEXT STEP

Perfectionism

Make room for effort that is enough.

Use a few words, draw, or talk this through. Skip anything that does not fit. This is an educational worksheet, not a diagnostic test or a substitute for care.

Find the rule

Notice a demand such as “If it is not excellent, it is a failure.” Ask whether the same rule would be fair for someone you respect.

01 / Notice and reflect

What rigid rule am I following?

02 / Notice and reflect

What is this task actually for?

03 / One next step

What will I try next, and what support would make it easier?

When to seek help: Contact your care team if perfectionism prevents completion, disrupts sleep, contributes to disordered eating, or creates repeated checking you cannot step away from. A clinician can help tailor an approach.

Read more: UT Austin · Addressing perfectionism

More tools and immediate support: Our Healing Room / Crisis Support.

U.S. crisis support: call or text 988. In immediate danger, call 911.