

Adjusting My Unhelpful Rules & Assumptions

What is the unhelpful rule or assumption I would like to adjust?

Where did this rule or assumption come from?

In what ways is this rule or assumption unreasonable? unrealistic? unfair? unhelpful?

What are the negative consequences of having this rule or assumption?

What is an alternative more helpful (i.e., balanced, flexible, realistic) rule or assumption?

What can I do to put this rule or assumption into practice on a daily basis?

Extending other Areas of My Life

Begin first with identifying one or two areas of your life you would like to begin extending, and then plan activities in these areas of your life you can engage in. Consider activities that involve other people. Then, using the 0 – 8 scale provided below, rate how much pleasure you experience BEFORE and AFTER doing these activities. This is important because you are more likely to repeat activities that are fun. These activities will not only help you extend these areas of your life but will also help you develop a more balanced sense of self-worth.

Areas of my life I would like to extend or enlarge:

1. _____ 2. _____

0	1	2	3	4	5	6	7	8
Absolutely None	Minimal	Slight	Mild	Moderate	Much	Higher	Very High	Extreme

Pleasure

Date: _____
Activity: _____

Before: _____
After: _____

Date: _____
Activity: _____

Before: _____
After: _____

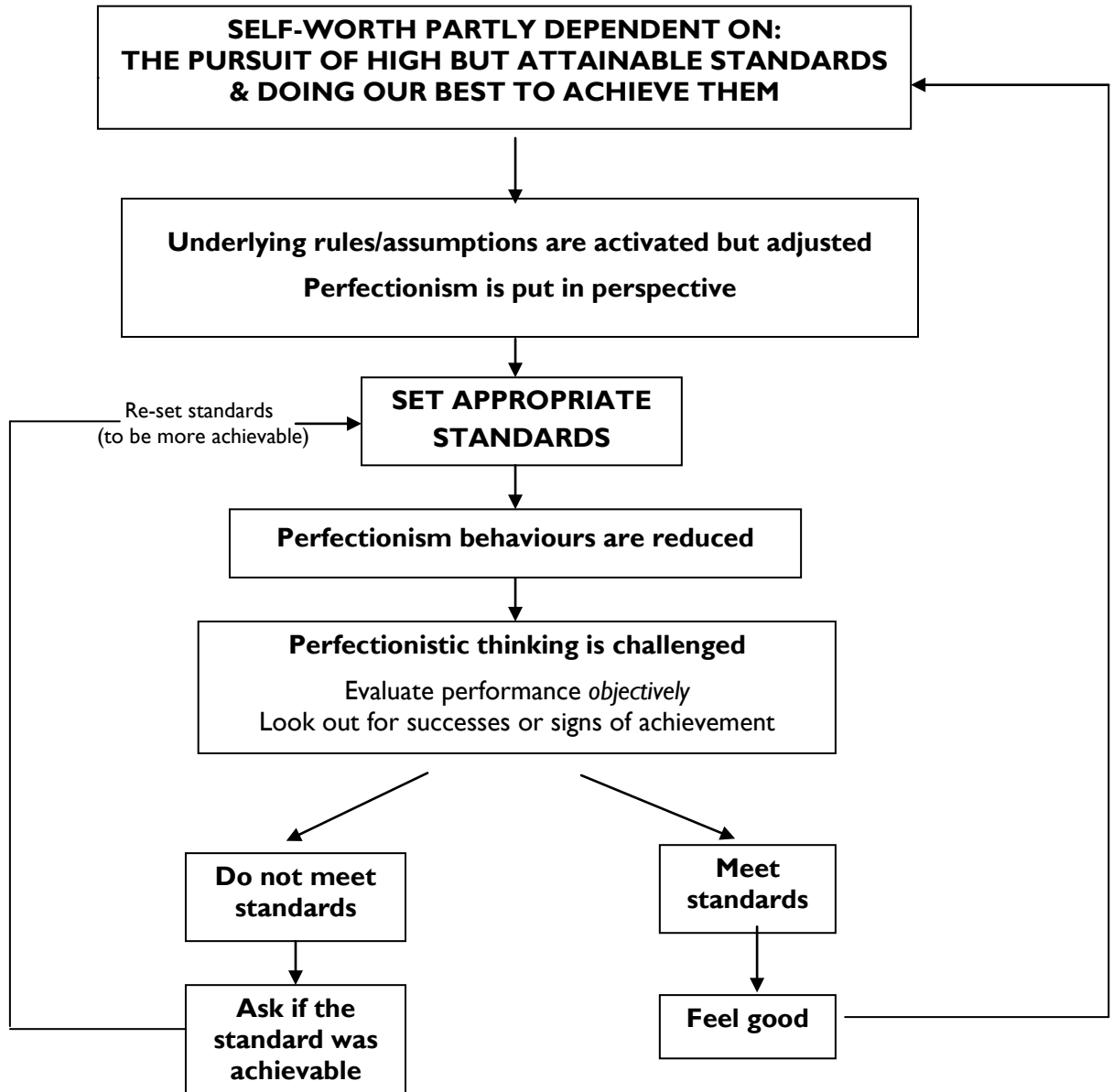
Date: _____
Activity: _____

Before: _____
After: _____

Date: _____
Activity: _____

Before: _____
After: _____

Model of the Pursuit of Appropriate Standards



Did you notice that there is the opportunity in this model to feel good about your achievements? Take another look at this way of looking at achievement, and ask yourself what are the pros and cons of this view of goal-setting and achievement. Write down some of your thoughts.

My Perfectionism Action Plan
<u>Step 1. Identify the unrelenting standard</u>
<u>Step 2. Adjust Unhelpful Rules & Assumptions</u> Unhelpful rules/assumption: A more balanced rule/assumption is:
<u>Step 3. Put Perfectionism in Perspective</u> Is the old assumption reasonable? Pros and cons of my perfectionism:
<u>Step 4. Set an appropriate standard</u>
<u>Step 5. Carry Out Practical Strategies to Reduce my Perfectionism Behaviours</u>
<u>Step 6. Challenge my Perfectionist Thinking</u>
<u>Step 7. Re-evaluate achieving & challenge the perfectionism mindset</u>
<u>Step 8. Reflect & Revise</u>

My Self-Worth

What are the things that you judge your self-worth against? Jot down some areas in your life that contribute to your sense of self-worth. How many of these relate to achieving or achievement?

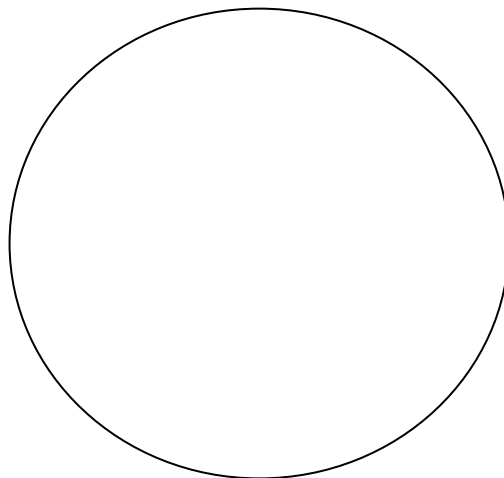
Now, rank the items for self-worth in terms of their importance. One way of working out the importance each item is to ask yourself, "If something goes wrong in this area, how much does it get to me, and how much does that affect the way I judge myself as a person?"

Things that are important to my Self-Worth

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

Now draw your Self-Worth pie chart, making each item a 'slice' of the pie, with items that are more important taking up bigger slices, and so on.

My Self-Worth Pie Chart



How did that go? Was your pie chart balanced or was it unbalanced? We will now be looking at ways of changing your self-worth pie chart so that it becomes more balanced and less heavily dependent on high achievement for your sense of self-worth