

# Meme Triad: Perfectionism

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Sometimes we feel that we must be 'perfect.' The problem with perfection is that there is no objective definition of what 'perfect' means. This is because we all define what 'perfect' means for ourselves. For example, your idea of the 'perfect' day and my idea of the 'perfect' day might be completely different.

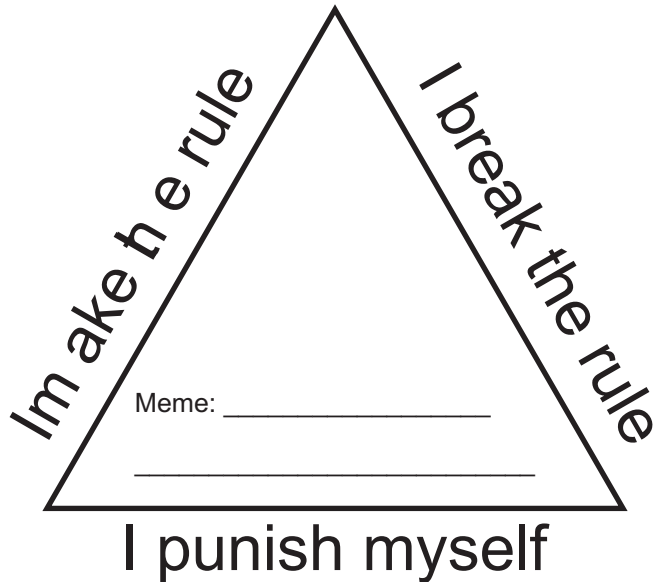
The good news is that if we're making the rule that we have to be 'perfect,' we can change that rule.

Write the meme you wish to change in the center of the triangle below.

In the space marked 'what,' write the rule you're having trouble with (e.g., "I have to be perfect.")

In the space marked 'why,' list the reasons you broke your own rule.

In the space marked 'how,' list the ways you punish yourself when you break your own rule. Some of these ways might include guilt, negative self-talk, etc.



What: \_\_\_\_\_

\_\_\_\_\_

Why: \_\_\_\_\_

\_\_\_\_\_

How: \_\_\_\_\_

\_\_\_\_\_