

PERFECTIONISM JOURNAL OUTLINE

1. **Who or what is the source of your perfectionism?** (Parents, teachers, religion, dysfunctional family, divorce, etc.)
2. **How have you been affected by your perfectionism?** (self-criticism, depression, anxiety, isolation, sadness, irritability, helplessness, procrastination, fear of failure, feelings of inferiority, shame; failure to be open, honest, and transparent about internal struggles with spouse, family, friends, etc., tiredness/exhaustion; compare myself to others; addictions to sex, pornography, food, alcohol, gambling, workaholism, and/or other addictive, compulsive, and dysfunctional behaviors).
3. **Who has been affected by your perfectionism?** (Spouse, children, friends, co-workers, etc.)
4. **In what ways have they been affected by your perfectionism?** (criticism, pointing out errors, judgment, forced obedience to strict rules w/o exception, zero tolerance for mistakes; feelings of anxiousness, avoid you at all costs; therefore, they have no relationship with you; fear, anger, frustration, worry, depression, anxiety, stress; feel you are over-controlling, they are constantly being compared to others; shame, embarrassment, feel rejected, etc.)
5. **What triggers your perfectionism?** (People's driving habits; the way they dress, act, or talk; housecleaning habits; disorganization; being on time; disobedience to the rules; diet, etc. All these things are not problem, but symptoms of a much deeper problem rooted in a dysfunctional past.)
6. **What emotions do you express when things are not perfect?** (anger, frustration, defensiveness, irritable, rage, etc.)