

PERFECTIONISM SENTENCE COMPLETION

Please complete the following sentence stems.

1. I tell myself I need to be perfect when _____

2. I need to be perfect in order for me to _____

3. I need others to see me as perfect whenever _____

4. I need to be perfect so that other people _____

5. When others are not perfect, I feel _____

6. I need to be perfect so that I _____

7. If others see me as being imperfect then _____

8. If I am imperfect then _____

9. I need people to be perfect so that _____

10. If I make a mistake _____

