

OVERCONTROL AND PERFECTIONISM REFLECTION WORKSHEET

**High standards aren't the problem.
Being unable to bend them is.**

Skill: Build awareness. This exercise does not treat organization as a flaw. The flaw is when flexibility disappears entirely.

How to use: Reflexively answer the prompts in the sections below.

1. An imperfect result was hard to accept:



2. The rigid rule I was following:



3. What it cost me (Time, Peace, Connection):



4. One reasonable alternative to try next time:

