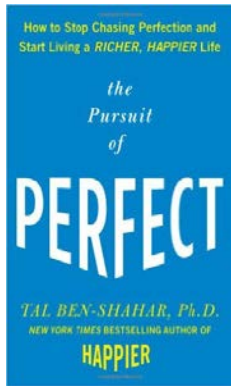


val **YOU** able  
actYOUlization worksheet



## The Pursuit of PERFECT


*How to Stop Chasing Perfection and Start Living a Richer, HAPPIER Life*  
By TAL BEN-SHAHAR Ph.D.- McGraw Hill ©2009

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*"The desire for flawlessness condemns us to perpetual displeasure with who we are." Tal Ben-Shahar*

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### Perfectionist:



Reject Failure

Reject Negative Emotions

Reject Success

Fault Finders

Defensive

All or Nothing Thinking

## Find The Perfectionist in you!

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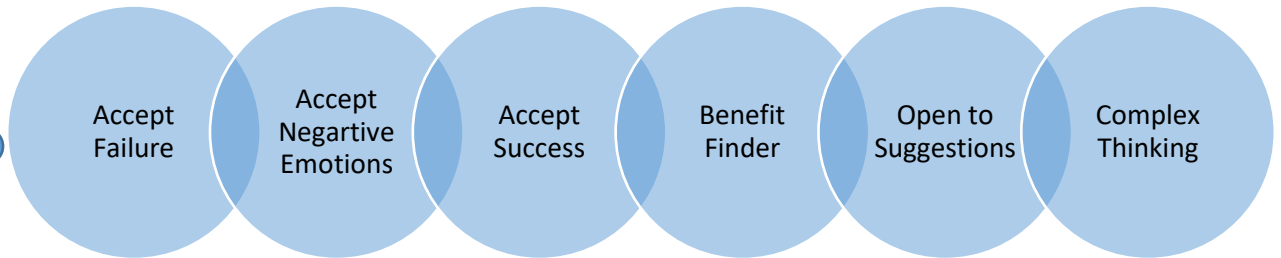
*Remember we all have both Perfectionist tendencies and Optimalist tendencies.*

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***How do you reject failure, negative emotions, and success? Are you a fault finder and defensive when criticized? In what ways do you experience all or nothing thinking?***

val**YOU**able  
actYOUlization worksheet

Optimalist:



Bring out the Optimalist in you!

*Did you find the perfectionist in you? If so, can you use the ABC's of thinking (ACTUAL EVENT, BELIEF About that Event, CONSEQUENCE of your Belief) to help change your perfectionist tendencies? Look at what you wrote about being a perfectionist and try and reframe it from the Optimalist perspective.*

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*Follow BOTH Rules! STOP TREATING YOURSELF WORSE THAN YOU WOULD A FRIEND!*

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The Golden Rule

*"Do unto others as you would have them do unto you"*

The Platinum Rule

*"Do not do unto yourself what you would not do unto others"*