

Let's talk about perfectionism.



What to do about mistakes

1. Think about a mistake you made.

What did you learn?

Did you know that before you made the mistake?

What to do about mistakes

2. Were you doing the best you could with the information you had?

What was your intention?

Have you spoken to others about the mistake? (Your spouse, friends, family, therapist, co-workers, boss...) Why or why not?

If yes, what was their reaction?

3. What issues were created when the mistake was made?

Have you fixed the issues?

If you haven't or were unable to fix the issues, what did you do to mitigate them?

4. Would you forgive someone else who made that mistake?

Have you already forgiven someone for making a similar mistake?

Why would you be able to forgive them?

What would you say to them?

5. Will you forgive yourself?

After all, when you know better, you do better.

How would it feel to forgive yourself?