

Another perspective that can help when thinking about the pros and cons is considering what your life might be like in the future without change and with change. It can feel difficult to make changes in the present; perhaps you feel it would be better to wait for 'a better time'. However, if you consider what the future will look like if you don't change, this can sometimes make beginning to change look more urgent. Look at the first box in Worksheet 6.3 and consider what will be happening in the various areas of your life one year from now if there is not a change in the perfectionism in your life. Write down the ideas as they come to you. Now do the same for the next box, thinking about how these areas in your life will look if the impact of perfectionism in your life is reduced.

Now, when considering everything you have written in the three worksheets so far, answer the following questions:

- What scares you the most about reducing perfectionism in your life?
- What are the most compelling reasons for reducing perfectionism in your life?

## WORKSHEET 6.3: CONSIDERING THE LONG-TERM COSTS AND BENEFITS OF PERFECTIONISM

<i>In one year's time . . . still having perfectionism</i>	
<p><b>Area of life</b></p> <p>My social life            My work/education            My finances            My emotional health            My relationship with my partner            My relationships with my children            My relationships with close friends            My relationships with my parents/                siblings            My contribution to the community            My spiritual life            How I feel about myself            Other (please specify)</p>	<p><i>What will have happened in this area?</i></p>
<i>In one year's time . . . no longer having perfectionism</i>	
<p><b>Area of life</b></p> <p>My social life            My work/education            My finances            My emotional health            My relationship with my partner            My relationships with my children            My relationships with close friends            My relationships with my parents/                siblings            My contribution to the community            My spiritual life            How I feel about myself            Other (please specify)</p>	<p><i>What will have happened in this area?</i></p>