

Perfection Pause

CHEATSHEET

How to calm yourself when you feel frustration, disappointment, stress, or are self-critical about a situation.

Acknowledge the thoughts and feelings you have. Write them down.

Analyze why you are thinking and feeling these things. Did something just happen to cause it (is it reactive)?

Are you using the words 'should', 'ought' or 'must'? If so analyze why and write it down. Are your thoughts realistic (it is...) or idealistic (it should be...)?

Ask Yourself: How would you comfort a friend facing this same situation?

Balance your critical thoughts. Making mistakes is ok; it is not shameful. You are valuable because of WHO you are, not WHAT you do. Write down one positive thought you have about yourself and this situation.

If this stress is about a project, task, due date, or goal: adjust and redirect your goals as needed. Set realistic and flexible goals (see SMART goals). Write out 3 TINY action steps that can be completed in 10 min or less (each).

Bonus tip: Allow for small mistakes in your daily life. Like forgetting to use a shopping list when you go grocery shopping. Recognize that something may make you uncomfortable but that it will not end your world. Doing this regularly will desensitize you to the discomfort of making mistakes and allow you to better process when you do make a more meaningful mistake in life. Mistakes cannot be avoided- but you can practice how you respond to them.

YOUR REFLECTIONS