

The Pros & Cons of Changing vs Not Changing my Perfectionism

PROS of <u>not changing</u> my perfectionism	CONS of <u>not changing</u> my perfectionism
<i>(e.g. praise at work)</i>	<i>(e.g. miss deadlines at work)</i>
PROS of <u>changing</u> my perfectionism	CONS of <u>changing</u> my perfectionism
<i>(e.g. having more time to spend with friends and family)</i>	<i>(e.g. maybe my standards will be lower)</i>