

Reframing statements for recovering perfectionists

It's not fair to judge my former decisions by the wisdom and maturity I've gained.

Things (outcomes, people, relationships, experiences, etc.) can be good and beautiful, even if/when they are not perfect.

I am moving in a healthier direction, I don't have to be perfect.

Change takes time.

It's okay to stumble or fail, I am learning a new thing.

Giving myself grace is important as I learn and grow.

I cannot shame myself into performance or improvement.

I am doing the best I can with what I have.

I'm working to adjust my expectations to align with reality instead of the best possible scenario.

I am learning to accept that I cannot change the past. I can accept it, grieve/celebrate/feel what I need to **and** learn to make the most of my present.

I am practicing healthier behaviors.

Being present is my role in this present moment. *take a deep breath and repeat*

I am a human being not a human doing.

Real people fail sometimes, I am a real person.

Things can be imperfect **and** good at the same time.

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This present chaos is overwhelming **and** it does not mean things will always be chaotic.

It is not reasonable to judge myself by someone else's timeline or goals.

Check in questions to support growth *and* health:

- Am I moving in a healthier direction?
- Are my goals aligned with my values?
- Is my behavior generally aligned with my values and goals?
- Am I celebrating my wins?
- What are some checkpoints between now and my next big goal?
- How am I feeling about myself in the in-between?
- Am I making progress towards the person I want to be, not just the achievements I want to gain?