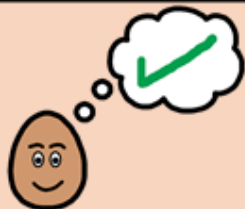




Strategies for Perceived Perfectionism



Think about times I have been successful.



Think about what I would say to my friend if they were feeling this way.



Write a list of everyone who has said they love me (whether I believe it or not!)



Create a list of things about myself that I am proud about.



Create a list of the things I like about me.



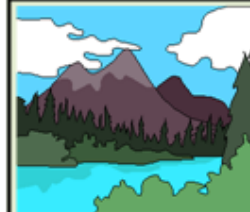
Use breathing exercises.



Listen to music that makes me feel good.



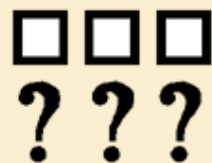
Dance or take a movement break.



Change what I can see.



Stop any negative self talk.



Stop comparing myself to others.



Tell someone how I am feeling.



Listen to someone who talks positively about me.



Go somewhere and sing out my thoughts.



Take time to laugh.

Communication Friendly @SchoolsNlc

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