

My Personal Porcelain Factors

Instructions: Either after watching, or while watching, Section Two of the Shattering the Porcelain course, complete this handout. For all the categories below, consider how each factor may have influenced you in the development of your perfectionism and/or people-pleasing thoughts, feelings, and behaviors. Write your thoughts in the blanks provided (use the back of this sheet or additional sheets if necessary).

Gender/Gender Identity

Culture/Ethnicity

Religion

Shattering the Porcelain: Handout 2

History of Abuse

My Parent's Parenting Style

Family (Siblings, extended family, etc.)

Shattering the Porcelain: Handout 2

Peers/Friends

School/Academic History

Internal Factors

Shattering the Porcelain: Handout 2
