

What Do I Have to Lose?

Instructions: For each of the categories below, write down how perfectionism and/or people-pleasing has negatively impacted you in your life. For each category, include things you stand to lose in the future if you continue on in these perfectionistic and people-pleasing beliefs and behaviors.

Relationships with Loved Ones

Past & Present

Future

School/Academics

Past & Present

Shattering the Porcelain: Handout 1

Future

Work/Career

Past & Present

Future

Shattering the Porcelain: Handout 1

Parenthood

Past & Present

Future

Personal Happiness

Past & Present

Shattering the Porcelain: Handout 1

Future

Honesty and Integrity

Past & Present

Future

Shattering the Porcelain: Handout 1

Self-esteem

Past & Present

Future

Physical Health

Past & Present

Shattering the Porcelain: Handout 1

Future

Mental Health

Past & Present

Shattering the Porcelain: Handout 1

Future

Porcelain Doll Quick Quiz

1) Do you habitually change the way you think, feel, talk, or act to get people to like you or approve of you, even if it means not being your true self?

2) Do you try to avoid people getting upset with you or feeling negatively toward you, even if it means not being honest?

3) Do you feel like your worth is dependent on what you do or what you can accomplish instead of on who you are?

4) Do you consistently change who you are to avoid rejection or disapproval?

5) Do you feel like you're acting a part in public, like you're pretending to be someone you are not?

6) Are you weighed down by anxiety, depression, loneliness, and/or feelings of inadequacy?

7) Do you feel like people take advantage of you?

8) Do you feel worn thin, run ragged, or overly stressed by your daily roles and expectations for yourself?

Perfectionism Quiz

Instructions: Answer the following questions honestly to determine which kind of perfectionism you struggle with. Choose the answer that fits you most accurately. If none of the answers are true for you, choose the closest answer. Use the scoring guide at the end of this handout to find out which category of perfectionists best fits you.

1. When I was in high school and/or college, I...
 - a. Got mostly A's
 - b. Struggled with low grades
 - c. Had a mix of good grades and low grades

2. When I try something new I...
 - a. Usually pick it up pretty quickly
 - b. Don't feel like it's turning out how it should, so I stop
 - c. Sometimes figure it out and do well, but sometimes fail and quit

3. Once I start something, I...
 - a. Keep going until it's done and done well
 - b. Get overwhelmed by it and feel inadequate
 - c. Do my best to finish, but it doesn't always work out

4. My friends and family would describe me as...
 - a. Successful, driven, talented, and bright
 - b. Someone with a lot of potential, but struggles to follow through
 - c. A mix of great follow through at times, but flaky at others

5. When I achieve something, I...
 - a. Feel really great about it for a while, but it fades, so I start working for another win
 - b. Never feel like I actually earned it or that it's not enough
 - c. Wonder how I managed it this time when I can't at other times

6. If the high school yearbook committee nominated me for something, it would be...
 - a. Most Likely to Succeed
 - b. Most Unrealized Potential
 - c. Most Unpredictable

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7. When someone asks me to lead a group project, I...
- a. Take the task and do my best
 - b. Suggest someone else in the group would do a better job
 - c. Take the job and struggle to follow through
8. Others would describe my typical moods appearing as...
- a. Happy, Calm, or Confident
 - b. Depressed, Anxious, or Frustrated
 - c. Moody, Irritable, or Defeated
9. When I'm about to start a new job or take on a new role, I...
- a. Study and research like crazy to prepare for it
 - b. Feel unprepared and anxious, so I back out
 - c. Go back and forth between feeling great about it and feeling terrible about it
10. If I had to make my own Halloween costume, I...
- a. Wouldn't stop until I'd made the perfect look
 - b. Would try my hardest, but give up when it didn't look right, then buy one
 - c. Put something together, but be embarrassed it wasn't good enough the whole time

Scoring Key: In the blanks below, write the total number of answers you marked for each letter.

_____ A's _____ B's _____ C's

Mostly A's: You are most like the Professional Perfectionist

Mostly B's: You are most like the Paralyzed Perfectionist

Mostly C's: You are most like the Perplexed Perfectionist

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

People-Pleasing Quiz

Instructions: Answer the following questions honestly to determine which kind of people-pleasing you struggle with. Choose the answer that fits you most accurately. If none of the answers are true for you, choose the closest answer. Use the scoring guide at the end of this handout to find out which category of people-pleasing best fits you.

1. When someone asks me for help, I...
 - a. Jump at the opportunity
 - b. Struggle to want to help, but do it anyway
 - c. Sometimes feel excited to help, but other times just feel annoyed

2. At volunteer events, I...
 - a. Am usually up front running things
 - b. Am in the back watching the clock to get me out of there
 - c. Feel good when I'm getting feedback, but sulky if I don't get thanked enough

3. When I hear the phrase, "I have a favor to ask you," I immediately feel...
 - a. Willing and excited
 - b. Apprehensive and put out
 - c. A mix of ready to help and upset I'm being asked

4. If someone asks me to do something for them that conflicts with my schedule, I...
 - a. Drop my previous plans and do it for them
 - b. Worry what they will think of me if I don't say yes
 - c. Feel like I should be happy to help, but I don't want to

5. When I'm doing things for others that are extras on my loaded plate, I feel...
 - a. Enthusiastic and energetic
 - b. Resentful and angry
 - c. Guilty for not wanting to do it

6. The phrase someone is most likely to hear from me when they burden me with something is...
 - a. "Oh, no, I'm happy to help!"
 - b. "No, it's fine. I can do it."
 - c. "I guess I can find time for it..."

Shattering the Porcelain: Handout 4

7. If I ever take the time to do something for myself, I usually feel...
- a. Guilty or selfish
 - b. Relieved
 - c. Happy, but like I shouldn't be happy
8. What I fear most of the following options is...
- a. Not doing enough to help others
 - b. Saying "no"
 - c. Being taken advantage of
9. In a group setting, I am most likely to...
- a. Work hard to make sure everyone one is happy
 - b. Sit back and let other people be in charge of the conversation
 - c. Come in and out of the conversation
10. If one of my family members dropped by without asking on a busy night, I would...
- a. Drop everything to accommodate them, even if it interferes with plans
 - b. Get upset internally, but let them come in, all the while waiting for them to leave
 - c. Say I don't have time, but feel guilty and cave, then let them in

Scoring Key: In the blanks below, write the total number of answers you marked for each letter.

_____ A's _____ B's _____ C's

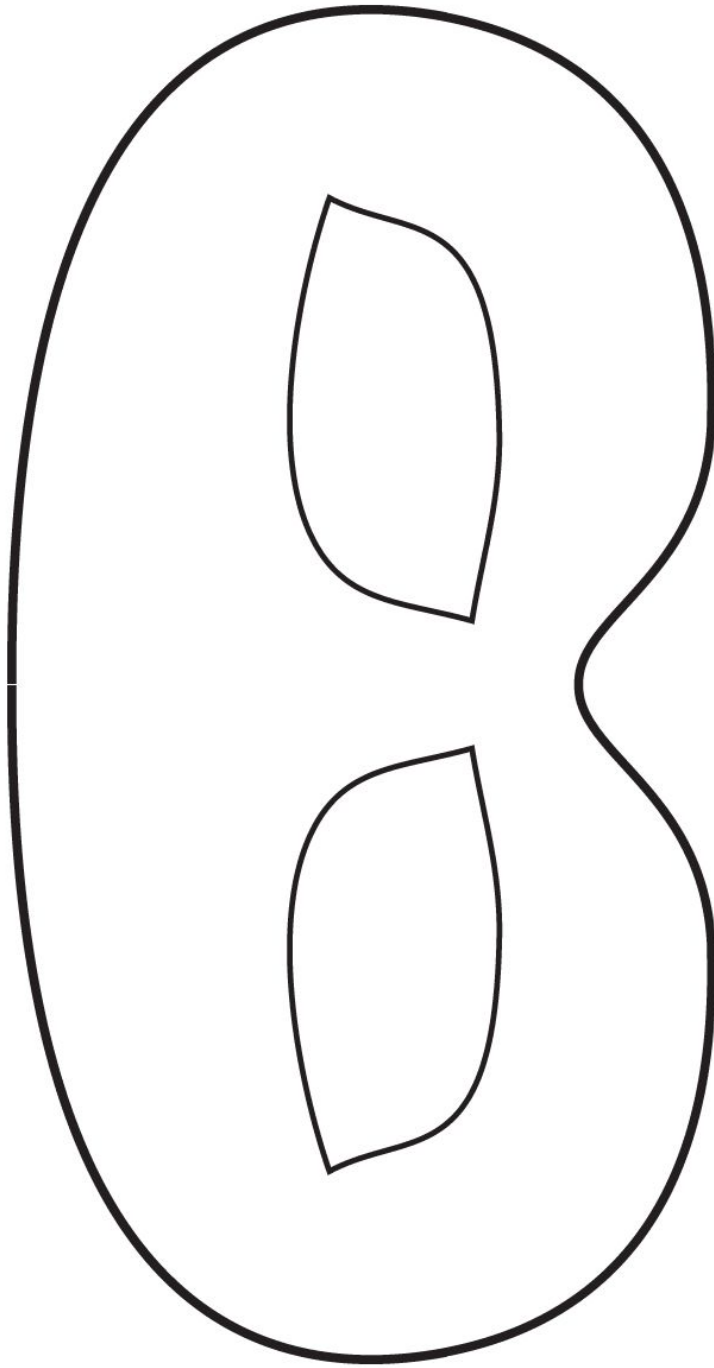
Mostly A's: You are most like the Peppy People-Pleaser

Mostly B's: You are most like the Pouty People-Pleaser

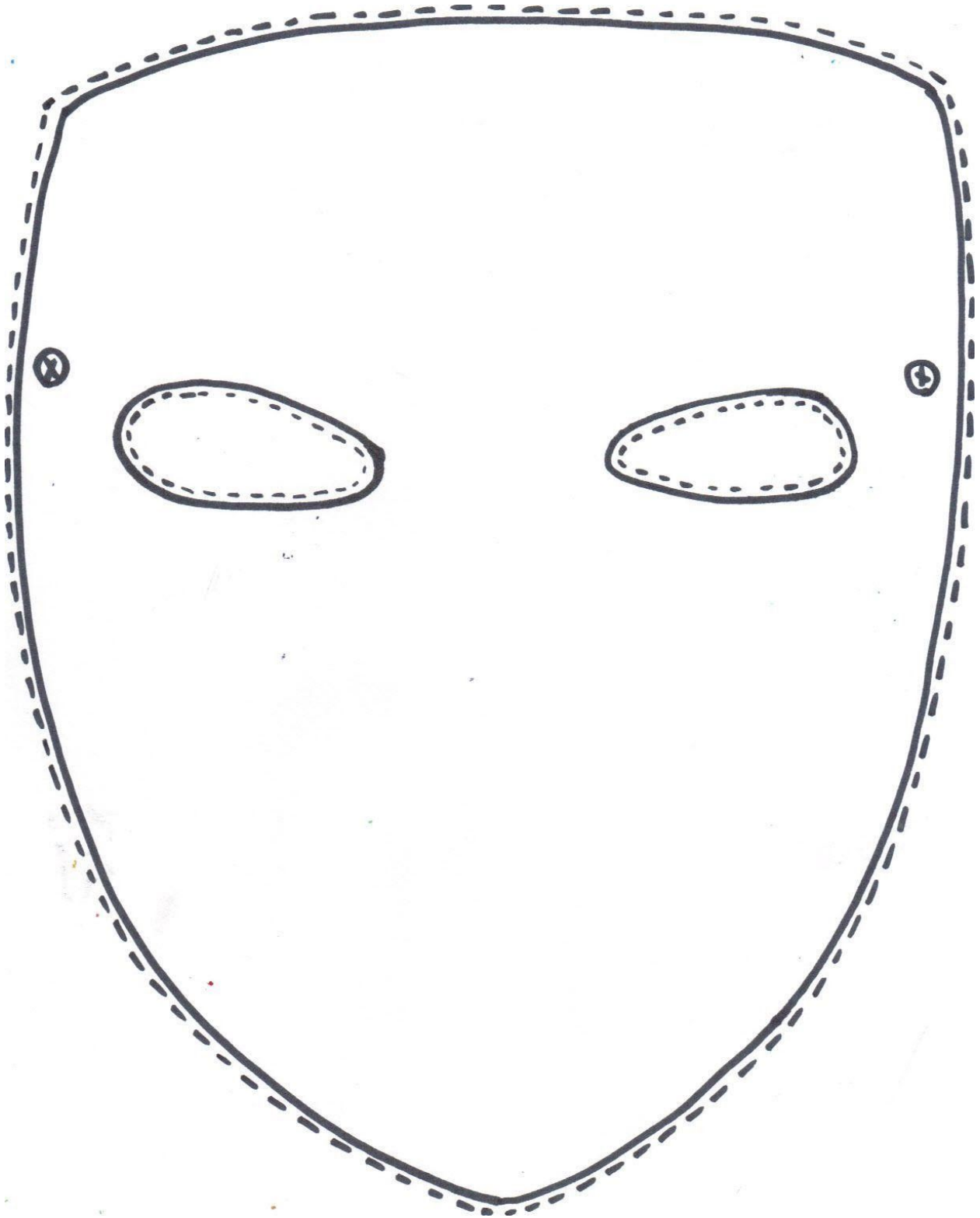
Mostly C's: You are most like the Perplexed People-Pleaser

The Mask Activity

Instructions: Follow along with the instructions given for this activity in Section 6 of the “Shattering the Porcelain” course. You may use one of the templates below. You may need to resize the mask in Word or another application in order to get the proper fit for your own face. You can also use a mask of your own making or any blank mask you may find at your local craft store. It’s your mask, you decide!



Shattering the Porcelain: Handout 5



Cognitive Distortions

Definition: Exaggerated or irrational thoughts

- 1) **All or Nothing Thinking:** Also known as Black and White Thinking. A way of thinking that splits things into rigid categories when it isn't true. Often use words like "always," "every," and "never."
 - a. Examples:
 - i. You make a "To Do" List with 10 items on it. You only complete 6. You think, "Ugh, today was a complete waste. I couldn't even finish my list."
 - ii. You visit a family member and they seem distracted or grumpy. You think, "Every single time I come over, he/she acts like they don't want me here."
- 2) **Overgeneralization:** Making hasty generalizations from insufficient evidence or experience. If it happens once, it will happen every time after.
 - a. Examples:
 - i. You get ignored by your love interest. You think, "If he/she doesn't ask me out, no one is ever going to ask me out."
 - ii. Your teenager misses curfew the first time out with their friends. You think, "He/She is just going to disobey and disrespect me every time, so they are losing their privileges from here on out."
- 3) **Magical Thinking:** Holding an expectation that a certain outcome will occur based on performing acts that are completely unrelated.
 - a. Examples:
 - i. You think, "If I just lose the weight, I'll have so many more friends than I do now."
 - ii. As a child, you believed that if you stepped on a crack, you'd break your mother's back.
- 4) **Mental Filter:** Inability or refusal to see positive features of an event or experience. Only see the negative.
 - a. Examples:
 - i. You have a normal day but a couple of bad things happen. You think, "It was such a terrible day. This bad thing happened, and this, and this," and completely ignore the good things.
 - ii. You only focus on your own faults and mistakes and don't see your good qualities.
- 5) **Disqualifying the positive:** Discounting positive experiences for arbitrary reasons
 - a. Examples:
 - i. Your mom compliments you. You think, "She has to say that, she's my mom," and you refuse to believe the compliment.
 - ii. You pass a test that you expected to fail. You think, "Well, the test was super easy and the teacher probably passed everyone that showed up," and you don't give yourself any credit for passing.

Shattering the Porcelain: Handout 6.1

- 6) **Jumping to Conclusions:** Reaching a conclusion (usually negative) before something happens based on very little or no evidence.
- a. **Mind reading:** Assuming you absolutely know what someone is thinking or feeling based on their behavior in the context of the situation
 - i. Examples:
 - 1. Your spouse comes home and sighs heavily as they look around the house. You immediately think, “They’re made that the house is such a mess,” and are convinced that is the only thing they are thinking/feeling.
 - 2. You hear people laughing behind you. You think, “They’re making fun of me.”
 - b. **Fortune Telling:** Having inflexible expectations for how things will turn out before they happen
 - i. Examples:
 - 1. A friend’s child is coughing around your child. You think, “Oh great, now little Johnny is going to get sick and it’s going to ruin the whole weekend.”
 - 2. You have a chance to do something fun with friends you haven’t seen for a while. You think, “There’s no way I’ll have any fun. If I go, we won’t have anything in common anymore and I’ll just be miserable.”
- 7) **Magnification and Minimization:** Also known as the binocular trick. Giving greater weight to perceived weaknesses or failures and lesser weight to strengths and successes. Magnifying is often described as “making a mountain out of a molehill.”
- a. Examples:
 - i. You stumble a little while you are walking. You think, “Wow, I just made a huge fool out of myself. I should be so embarrassed that I can’t even walk without falling all over the place.” (Magnifying)
 - ii. Someone compliments you on something they like about you. You think, “I’m not that way all the time. And the times I am, it’s not that big of a deal.”
 - b. **Catastrophizing:** Believing that you will get the worst possible outcome in a situation, however unlikely that outcome is or experiencing a situation as unbearable or impossible when it is just uncomfortable. (Type of Magnifying)
- 8) **Emotional Reasoning:** Experiencing reality as a reflection of your feelings.
- a. Examples:
 - i. There are several people disrupting a meeting you are in and your boss reprimands the whole room. You feel guilty, so you think, “I must have done something wrong,” even though you were being attentive.
 - ii. You mess up during a performance. You feel stupid and incompetent, so you think, “I must be not be very good at all.”
- 9) **Should statements:** A pattern of reasoning based on strict moral rules that always apply, regardless of the individual circumstances.
- a. Examples:

Shattering the Porcelain: Handout 6.1

- i. You think, “I should spend more time with my kids,” when you are struggling with some personal issues that are difficult and take a lot of your time.
 - ii. You think, “I should never be angry. Being angry is bad.”
 - iii. Anything that includes the words “should” or “shouldn’t” that create guilt.
- 10) **Labeling and Mislabeling:** Giving someone a label that implies the character of that person rather than describing the behavior of that person.
 - a. Examples:
 - i. A stranger cuts you off in traffic. You think, “What a total jerk!”
 - ii. A friend of yours snaps at her husband once during a conversation. You think, “Wow, she’s really mean.”
- 11) **Personalization:** Taking on personal responsibility or blame for events that you have no control over.
 - a. Examples:
 - i. You tell someone that you don’t want them to do something. They get angry with you. You feel like them getting angry is your fault.
 - ii. A child feels like if they were just a better kid or they were nicer to their siblings that their parents wouldn’t be getting a divorce.
- 12) **Fallacy of fairness:** Holding an ethical standard that other people don’t meet.
 - a. Examples:
 - i. You think, “If she gets to do that, I should get to do it, too.”
 - ii. You think, “Everyone should get exactly the same thing. It’s not fair if they don’t.”
- 13) **Blaming:** Holding other people responsible for intentional or negligent infliction of emotional distress on us. Commonly say, “It’s all their fault.” Refusal or inability to see the part you may have played in the situation.
 - a. Examples:
 - i. You get in a fight with your spouse. You think, “If he/she wasn’t such a jerk, I wouldn’t have to yell at him/her.”
 - ii. You are working on a project with a group and get a lower grade than you expected. You think, “Well, if Sally had just done her part right, we would have gotten a better grade,” even though you missed some things on your section, too.
- 14) **Fallacy of change:** Relying on social control to obtain cooperation from another person.
 - a. Examples:
 - i. Someone is behaving inappropriate. You glare at them and expect them to stop. They don’t and you feel upset.
- 15) **Always being right:** Prioritizing truth or ethics over the feelings of another person.
 - a. Examples:
 - i. You are in an argument with a friend. They tell you that you hurt their feelings and you ignore their feelings and continue to insist that your view is right.

Shattering the Porcelain: Handout 6.1

- ii. Your partner wants to do things a certain way at home and you don't want to; you think your way is better and you keep pushing to do things your way even though you know changing is important to your partner.

Cognitive Distortions: Fighting Back Techniques

Recognizing when your thoughts are distorted is the first step in overcoming cognitive distortions and working toward better mental and emotional health. Next, you have to challenge those distorted thoughts so they don't become a part of what you believe and how you see yourself/others/the world. Fighting Back against distortions is about taking really rigid thinking and making it more flexible, opening yourself up to other possibilities. If you find yourself struggling to identify which distortion it is, but you know it's a distortion, just ask yourself,

“Is that thought really true?”

1) All or Nothing Thinking

Technique: “Thinking in the Gray”

-When you catch yourself putting things into strict “black and white” categories, imagine looking at the situation on a spectrum. There is black on one end and white on the other; but in between, there are a lot of different shades of gray. How could you see the situation as a shade of gray instead of as only black or white?

2) Overgeneralizations

Technique: “Written in Stone”

-When you catch yourself thinking that if something happens once, it's going to happen every time in the future, imagine yourself taking a hammer and chisel and chiseling your fate into a giant stone. Now how are you going to make sure that you guarantee that that same thing is going to happen *every time forever*? Do you even have that kind of control?

3) Mental Filter

Technique: “The Lawyer Technique”

-If you find yourself only focusing on the negative, imagine what it would be like is a lawyer only gathered evidence for his own case and completely ignored the evidence on the other side. How effective would they be as a lawyer? Not very effective at all, right? Using the lawyer technique, gather evidence for both the positive and the negative and then weigh them against each other. The situation might look a lot different if you look at both sides.

4) Disqualifying the Positive

Technique: “The Lawyer Technique”

-See above

5) Jumping to Conclusions

Technique: “10 Possible Alternatives/Likelihood”

-If you find yourself mind reading or fortune telling, come up with 10 other possibilities for what someone is thinking/feeling or what might happen in the future. It's going to be hard to come up with all ten, but really push yourself to do it. Then, ask yourself, “How likely is it that one of my other alternatives is what's really happening versus what I originally thought?”

6) **Magnification and Minimization**

Technique: “Flip the Binoculars”

-If you find yourself magnifying or minimizing, holding your hands up to your eyes like you are looking through a pair of binoculars. Now flip them over. Really do the action! Now, imagine how the situation would look differently if you changed the way you looked through the binoculars (magnifying-making things smaller after you flip, minimizing-making things bigger after you flip).

7) **Emotional Reasoning**

Technique: “Poof, It’s Magic”

-If you find yourself feeling like reality is a reflection of your feelings, just remember how many times a day your feelings change. Sometimes they even change from moment to moment. Now imagine what would happen if *POOF* reality changed on the outside each time your feelings changed on the inside. Doesn’t really happen, does it?

8) **Should Statements**

Technique: “Should→Can”

-When you find yourself “shoulding” on yourself, practice changing your “should” to “can” (See Should→Can handout).

9) **Labeling and Mislabeling**

Technique: “Poof, It’s Magic”

-When you find yourself labeling or mislabeling a person/situation, just remember that it’s not going to *POOF* change into what you are labeling it just because you feel a certain way. Try to look at the person/situation with a broader perspective.

10) **Personalization**

Technique: “I’ve Got the Power”

-When you find yourself feeling responsible for something that’s not your fault/issue, remember that you can’t make anyone feel or do anything. You can’t point a magic wand at them and control them. They make choices for themselves. We’re not nearly as all-powerful as this distorted thought would have us believe, so we don’t have to feel guilt or responsibility for things we can’t control.

I SHOULD...

I CAN...

Cognitive Distortions: Tally Homework

Instructions: Pay close attention to what you are thinking every day throughout the week. Try to identify as many cognitive distortions as you can. When you catch yourself doing one, put a tally mark under the category you think it falls under. This will help you start to recognize how often your perception is changed by distorted thoughts so we can challenge them later. It will also help you see which ones you do the most (your “pets”).

All or Nothing Thinking

Overgeneralization

Mental Filter

Disqualifying the Positive

Jumping to Conclusions

Mind Reading

Fortune Telling

Magnification and Minimization

Emotional Reasoning

Should Statements

Labeling and Mislabeling

Personalization

Personal Bill of Rights

Instructions: Everyone has rights to a certain kind of treatment by the people in their lives. In order to create, set, and maintain healthy boundaries so you can have healthy relationships, you need to be aware of what rights you hold yourself. After each “I deserve...” prompt, write down what you deserve in your relationships with others.

1) I deserve...

2) I deserve...

3) I deserve...

4) I deserve...

5) I deserve...

6) I deserve...

7) I deserve...

8) I deserve...

9) I deserve...

My Boundaries

Instructions: Using the information you learned from Section 8 of the “Shattering the Porcelain” course, write a list of boundaries you would like to set with the people in your life. Use the prompts for each boundary you would like to set, including the warning sign, violation/issue, what you want to happen instead, the boundary itself, and the consequence(s) if the boundary is violated. Don’t forget to refer to your Personal Bill of Rights for the foundation of your boundaries.

Boundary 1

The Warning Sign(s):

The Violation of my Personal Bill of Rights:

What I Want to Happen Instead:

The Boundary I Will Set:

The Primary Consequence(s) if the Boundary is Violated:

Shattering the Porcelain: Handout 7.2

The Secondary Consequence(s) if the Boundary is Violated:

Boundary 2

The Warning Sign(s):

The Violation of my Personal Bill of Rights:

What I Want to Happen Instead:

The Boundary I Will Set:

Shattering the Porcelain: Handout 7.2

The Primary Consequence(s) if the Boundary is Violated:

The Secondary Consequence(s) if the Boundary is Violated:

Boundary 3

The Warning Sign(s):

The Violation of my Personal Bill of Rights:

What I Want to Happen Instead:

Shattering the Porcelain: Handout 7.2

The Boundary I Will Set:

The Primary Consequence(s) if the Boundary is Violated:

The Secondary Consequence(s) if the Boundary is Violated:

Assertiveness Practice

Instructions: Using the information you learned from Section 9 of the “Shattering the Porcelain” course, write about three recent situations from your own life where you could change the way you communicated to be more assertive. Identify the original situation, how you responded the first time, whether your first response was passive, aggressive, or passive-aggressive, and how you could use the skills you learned in Section 9 to respond more assertively in the future.

Situation 1

The Situation:

How I Initially Responded: (Circle One) Passive

Aggressive

Passive-Aggressive

How I Can Respond Assertively in the Future:

Situation 2

Shattering the Porcelain: Handout 8

The Situation:

How I Initially Responded: (Circle One) Passive Aggressive Passive-Aggressive

How I Can Respond Assertively in the Future:

Situation 3

Shattering the Porcelain: Handout 8

The Situation:

How I Initially Responded: (Circle One) Passive

Aggressive

Passive-Aggressive

How I Can Respond Assertively in the Future:

My “Just” List

Instructions: In the spaces below, compile your “Just List” from the information you learned in Section 10 of the “Shattering the Porcelain” course. Remember, this isn’t a list of lofty goals, it’s “just” a list of simple, small things that enrich your life, calm you down, make you happy, and help you feel like being imperfect and not achieving still makes you a worthwhile, wonderful person!

[illegible]

Who Am I?

Instructions:

Who I Thought I Had to Be (that I don't have to be or want to be anymore):

Who I Am Now:

Shattering the Porcelain: Handout 11

The Characteristics, Talents, and Abilities I Want to Develop in the Future
