

## 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

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Future

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### School/Academics

Past & Present

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Shattering the Porcelain: Handout 1

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Future

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Work/Career

Past & Present

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Future

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# Shattering the Porcelain: Handout 1

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## Parenthood

Past & Present

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Future

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## Personal Happiness

Past & Present

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Future

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Honesty and Integrity

Past & Present

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Future

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Self-esteem

Past & Present

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Future

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Physical Health

Past & Present

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# Shattering the Porcelain: Handout 1

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Future

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Mental Health

Past & Present

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# Shattering the Porcelain: Handout 1

Future

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