Perfectionism Group Session 5 (probably need 2-5 sessions to complete). This is the meat of the group.

1. Assessment
2. Review thought record homework
3. Practice challenging perfectionistic thought on board
4. Doing vs avoiding doing wksht
5. ID specific perfectionism behavior want to change
6. Explain behavioral experiments
7. ID what behavioral experiment you want to test
8. Homework: behavioral experiment

Note: In an outpatient setting instead of just picking one behavioral experiment to try you may want to build a hierarchy, explain subjective units of distress, and work through the hierarchy. In a PHP setting you may only be able to try one behavioral experiment (the idea is to at least have patients understand what a behavioral experiment is and why it is important). I have attached materials for both.

I have also attached a list of mistake practice that participants can use as behavioral experiments.