Session 2 Summary:

1. Complete Assessment
2. Review definition of perfectionism: High Standards; Concern Over Mistakes
3. Review homework: Perfectionistic Behaviors Sheet
4. Explanation: How does someone become a perfectionist?
5. Perfectionistic Rules Explanation
6. Unhelfpul Rules and Assumptions Worksheet
7. How Rules and Assumptions Guide Behavior
8. Explanation of Concern over Mistakes
9. What Mistakes am I afraid of Making Worksheet?
10. Explanation of High Standards
11. Homework: What Standards Have I set for Myself Worksheet?