

## Accepting Yourself As Being Perfectly Imperfect

Sometimes we need to be reminded to give ourselves a break. We are imperfect; we make mistakes and do or say the wrong things. We can work at getting better, but we will never be perfect.

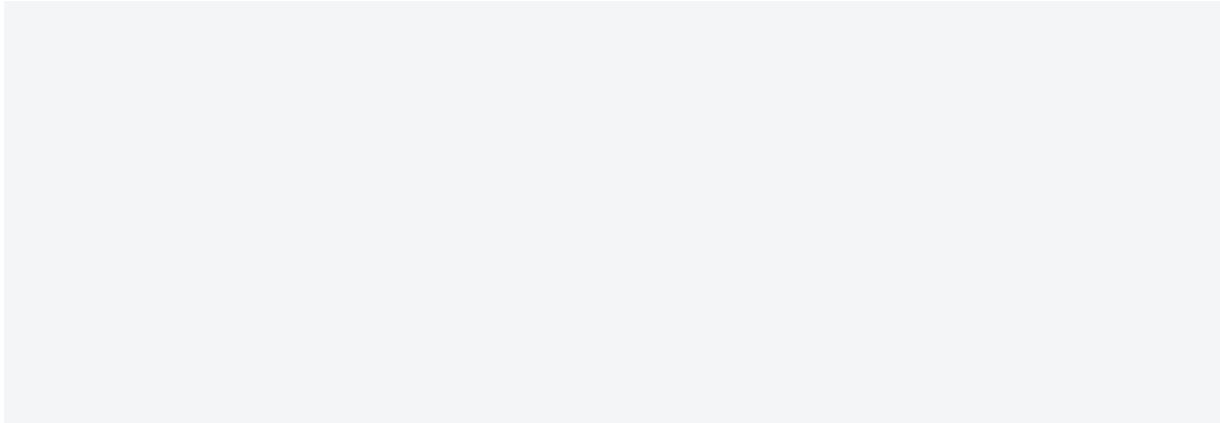
Use this worksheet to think about where you expect perfection and how to be more kind to yourself.

**When in your relationship do you expect perfection from yourself?**

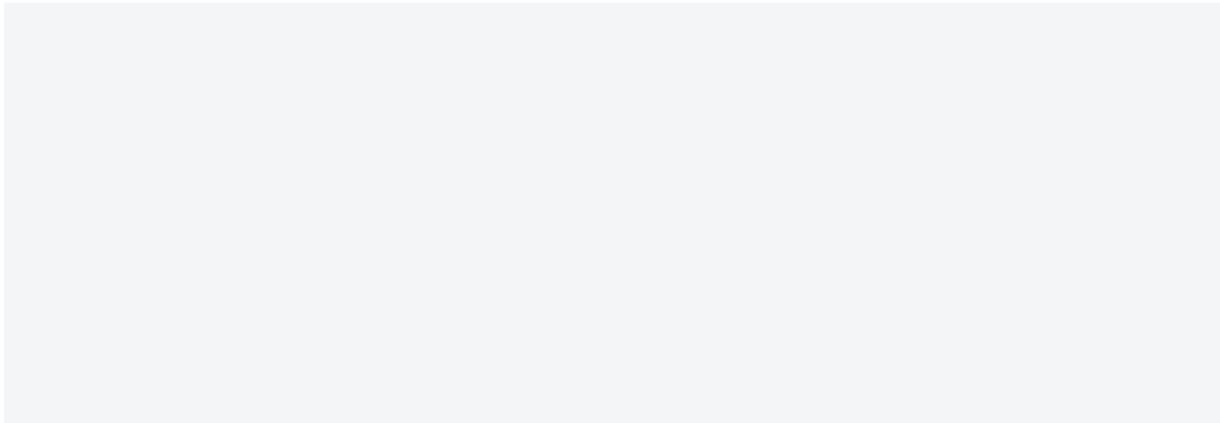
**When in your relationship do you expect perfection from your partner?**

**How do you feel when you fail to be perfect?**

**How do you feel when your partner fails to be perfect?**



**What do you do when you feel this way? For example, overeat, avoid your partner, shout, etc.**



**What message might you give yourself to show more kindness and compassion to yourself and your partner?**

