What is my perfectionist belief?

_____

_____

_____

Identify the prediction in general:

_____

_____

_____

Specify the prediction precisely (with ratings from 0–100 per cent):

_____

_____

_____

Experiment:

_____

_____

Results:

_____

_____

_____

Reflection:

_____

_____

_____

Revised belief:

_____

_____

_____