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## PERFECTIONISM DIARY

I Observe		My Friend/Spouse Observes	
Tasks I spent a lot of time on this month		Tasks I spent a lot of time on this month	
Decisions I agonized over this month		Decisions I agonized over this month	
Projects I couldn't seem to get started because I wasn't sure I could do them well enough.		Projects I couldn't seem to get started because I wasn't sure I could do them well enough.	
Times I was disappointed by others who failed to meet my expectations.		Times I was disappointed by others who failed to meet my expectations.	