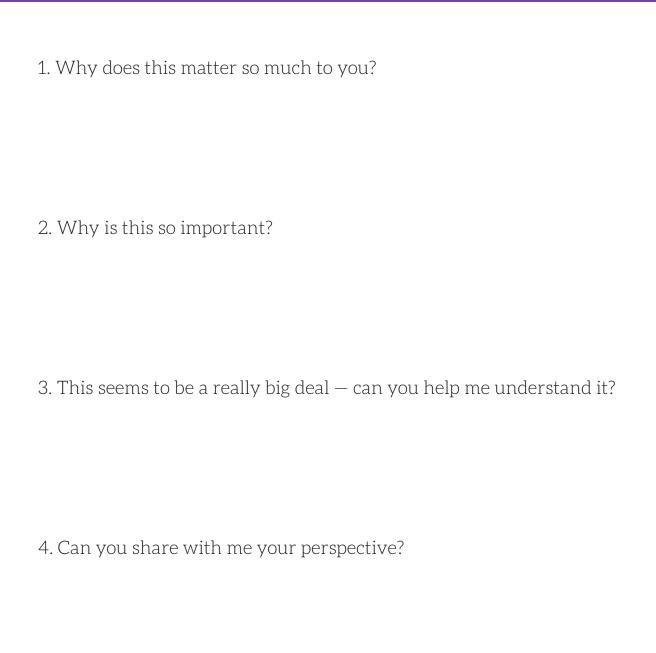
## Compassionate Questions to Ask to Keep Perfectionism From Taking Control



5. Can you let me into your thinking?





# Compassionate Questions to Ask to Keep Perfectionism From Taking Control



#### The five questions are:

- 1. Why does this matter so much to you?
- 2. Why is this so important?
- 3. This seems to be a really big deal can you help me understand it?
- 4. Can you share with me your perspective?
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