

# Journal Prompts for

## Healing Perfectionism



Quercus Counselling

HEALING FROM AUTISTIC  
BURNOUT

When did I first learn that being “good”  
meant being perfect?

(What was happening around me at  
the time? Who was I trying to please or  
protect myself from?)

What does “getting it right” mean to me  
– and what do I fear will happen if I  
don’t?

How do I speak to myself when I make  
a mistake?  
(What would it sound like if I spoke from  
kindness instead of criticism?)



Where in my life am I overfunctioning –  
and what might happen if I let myself  
do 80% instead of 100%?

What emotions do I try to avoid by  
being perfect?  
(Is it rejection, shame, judgement?)

Who am I when I'm not performing or  
trying to prove myself?  
(Describe the version of you that feels  
most at ease.)

What masks do I wear in different areas  
of my life – and which ones feel the  
heaviest?



If I believed I was already enough, how  
would I spend my time differently?

What would it mean to belong without  
having to earn it?  
(Write a letter to your younger self who  
tried so hard to fit in.)

What do I want my nervous system to  
feel more often?  
(Calm? Safe? Free? Write about one  
small step toward creating that feeling  
today.)

