

Percy is a Perfectionist Worksheet 7: Self-Challenges

(from page 35)



worry rating (before): _____

date completed : _____

worry rating (after): _____

RANK
/4



worry rating (before): _____

date completed : _____

worry rating (after): _____

RANK
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worry rating (before): _____

date completed : _____

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worry rating (before): _____

date completed : _____

worry rating (after): _____

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