THE 3 P'S:

- Paralysis
- Perfectionism
- Procrastination
THOUGHTS GENERATING THE 3 P’S:

**Paralysis**
It all has to be done right now. It must be done to the highest standard. No mistakes can be tolerated.

**Perfectionism**

**Procrastination**
Now it's too overwhelming! I'll never get all this done!

I'm not up to this right now. Maybe tomorrow would be better.
TALKING BACK TO THE DRAGON:

It all has to be done right now. It must be done to the highest standard. No mistakes can be tolerated.

I can do this in small chunks, a little at a time. “Good enough” will be good enough. Mistakes are how I can tell I’m growing.

I’m not up to this right now. Maybe tomorrow would be better.

Whether I feel like it or not, it needs to be done. I’ll get started today, then do some more tomorrow.

Now it’s too overwhelming! I’ll never get all this done!

I can get this done a little at a time and over the process of time.