Perfectionist Bingo

Procrastination	"Good Job"	Anxiety	Perfect	Good grades
Ace every exam	Praise	Mistake	"I did my best"	Overly cautious
Positive Statements	Reduce Pressure	**FREE**	"Mistakes are a part of Life"	Easily frustrated
Embarrasment	Perfectionist	Frustration	Drawing	Imperfections
Boundaries	"Nobody's Perfect"	Overly Critical	Routines	Anger

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Perfectionist Bingo

Reduce Pressure	"I did my best"	Perfect	Ace every exam	Mistake
Anxiety	Routines	Good grades	"Nobody's Perfect"	Overly cautious
Embarrasment	"Mistakes are a part of Life"	**FREE**	Easily frustrated	"Good Job"
Drawing	Overly Critical	Procrastination	Anger	Perfectionist
Frustration	Imperfections	Positive Statements	Praise	Boundaries

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Perfectionist Bingo

"Nobody's Perfect"	Overly Critical	"I did my best"	Imperfections	"Mistakes are a part of Life"
Procrastination	Embarrasment	Frustration	Praise	Good grades
Positive Statements	Anger	**FREE**	Perfectionist	Drawing
Reduce Pressure	Overly cautious	Perfect	Routines	Anxiety
Easily frustrated	"Good Job"	Mistake	Ace every exam	Boundaries

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