



BRING YOUR MIND TO THE GAME
SPORT PSYCHOLOGY
&
MENTAL TRAINING

KUNASHNI PARIKH
CLINICAL AND SPORTS PSYCHOLOGIST



Breaking the Perfectionism Trap

A Protocol for Rebuilding Self-Perception Through Learning

Purpose

This protocol is designed to help you identify and untangle the core beliefs driving your perfectionism.

Perfectionism is rarely about high standards.

It is usually about self-worth being tied to outcomes.

This journal sequence helps you:

- **Understand what your performance means to you**
- **Identify the beliefs underneath disappointment**
- **Separate identity from outcomes**
- **Shift from outcome-based worth to learning-based growth**

This is not about lowering your standards.

It is about changing what defines your value.

Instructions

- Attempt all questions in the specific **order** given.
- Always **write** your answers. Don't just think about them. Writing clears the mind and deepens reflection.
- Some questions may feel **repetitive**. Answer them anyway. Repetition helps the mind see the situation from different angles and creates emotional clarity.



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The Journal Questions

(Answer honestly and in order)

1. How was my performance?

2. What am I not happy with? Why?

3. What does my performance say about me?

4. What does my performance say about me as a person?

5. What does my performance say about me as a performer?

6. What do I want to achieve? Why?



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7. Who am I?

8. Why do I want to achieve that?

9. What does not achieving that say about me?

10. Is that true? Why or why not?

11. How do I feel about that?

12. Who am I?

13. What is the smallest best thing I have done today?



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14. Is that enough?

15. What can I do to make it enough?

16. Who am I? Why?


What This Protocol Is Really Doing

This journal helps you test your core beliefs.

Often you may discover:

- You may equate mistakes with identity
- You may equate outcomes with character
- You may chase achievement for safety or approval
- You may ignore effort and focus only on flaws

When you consciously question these beliefs, the prefrontal cortex re-engages and reduces emotional overreaction. You begin responding instead of reacting.



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Final Note

Perfectionism is a strategy your mind created to protect you.

But protection through pressure is exhausting.

You do not grow because you are flawless.

You grow because you are willing to learn.

Your value is not the scoreboard.

It is the effort, awareness, and courage to improve.

Keep moving! :)
