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Ask A Close Family Or Friend To Confirm Your Answers To Be Sure You're Being Realistic In Your Self-assessment.) 1. Yes No: I Often Think That I Should've Done Better Than I Did. 2. Yes No: I Tend To Put Thi May 19th, 2024

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Owe Them Each My Heartfelt Appreciation. I Would Also Like To Thank Dr. Mary A. Dolan And Dianne Swanson-Fass For Believing In Me As An Undergraduate And For Nurturing My Self-confidence. I Am Also Grateful For The High Quality Instruction By The Faculty Of The Psychology Department At California State University, San Bernardino. Apr 1th, 2024

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Maladaptive Perfectionists Had Higher Levels Of Depression Than Adaptive Perfectionists. Maladaptive Perfectionists Also Were Found To Have Higher Scores In Pre-Encounter Self Hatred Than Adaptive Perfectionists And Lower Scores In

Internalization Multiculturalist Inclusive Than Adaptive Perfectionists. Jan 5th, 2024

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