

## ESCAPE FROM THE TYRANNY OF PERFECTIONISM

This is to certify that ..... is someone better suited to happiness than to misery. Therefore ..... has declared independence from the tyranny of Perfectionism. As a result of gaining independence ..... will be able to set reasonable, humane standards for his/her own performance. Henceforth ..... will vigorously defend the right to identify as the person best suited to decide what is fitting for him/her as a person.

On this date ..... the struggle for independence was declared/ begun/ 10%, 20%, 40%, 60%, 80%,100% achieved (*choose one*)

Signed .....

Witnessed.....