

A detailed landscape painting of a valley. In the foreground, a man sits on a log, and a woman stands near a path. The middle ground features a large, leafy tree on the right and a temple with columns on a cliff in the center. A lake is visible in the background, with a small boat. The sky is filled with soft, white clouds. The overall scene is peaceful and idyllic.

Undoing Perfectionism

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What is Perfectionism?

'Perfectionism, in psychology, is a personality trait characterized by a person's striving for flawlessness and setting excessively high performance standards, accompanied by overly critical self-evaluations and concerns regarding others' evaluation.'

(Wiki)

Am I a Perfectionist?

1. Highly conscious and hyper-critical of mistakes.
2. Aim to be the best in everything you do.
3. You spend unreasonable amount of time trying to perfect something.
4. You set absolute ideals.
5. You are the harshest critic of yourself.



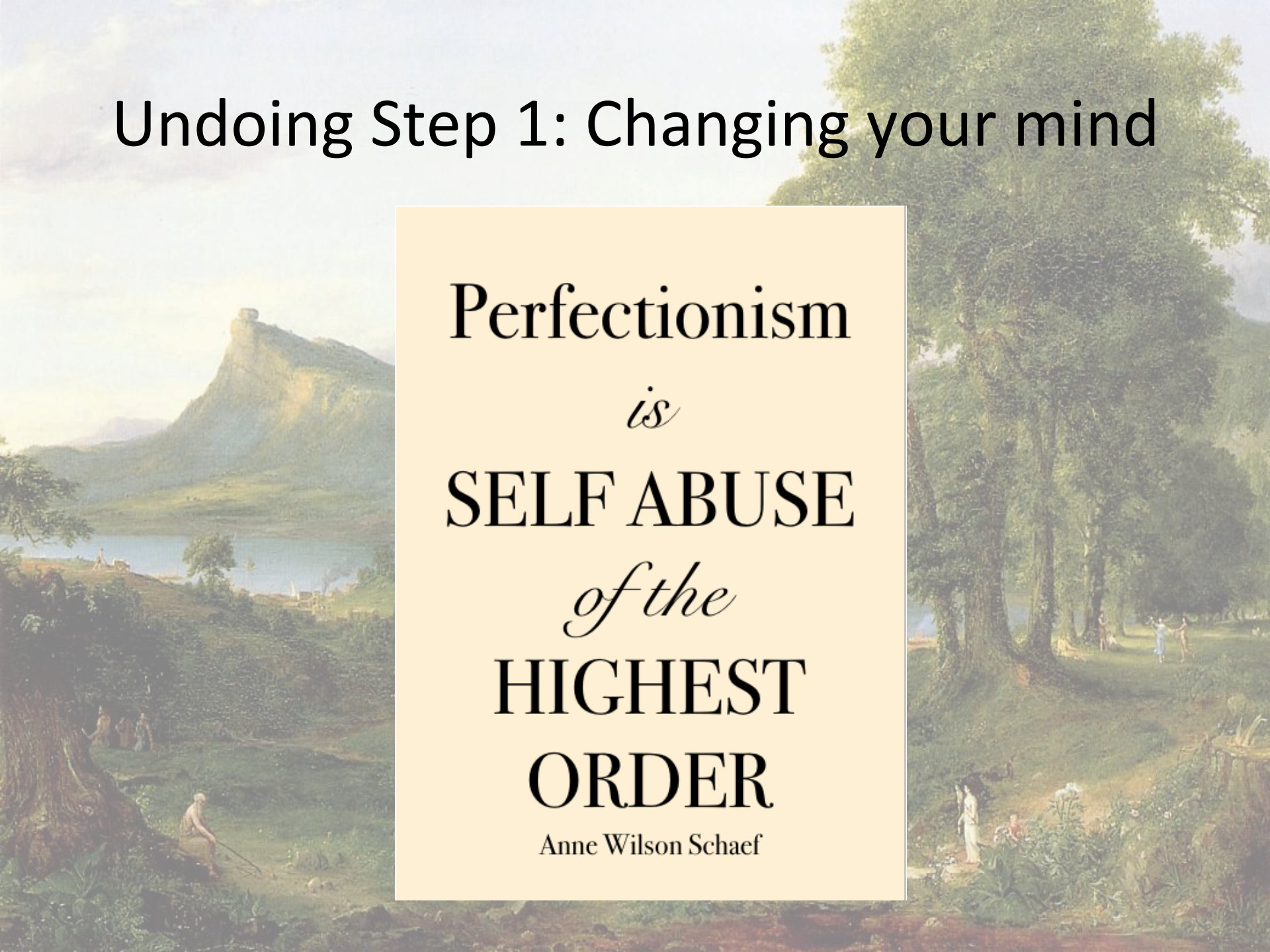
Am I a Perfectionist?

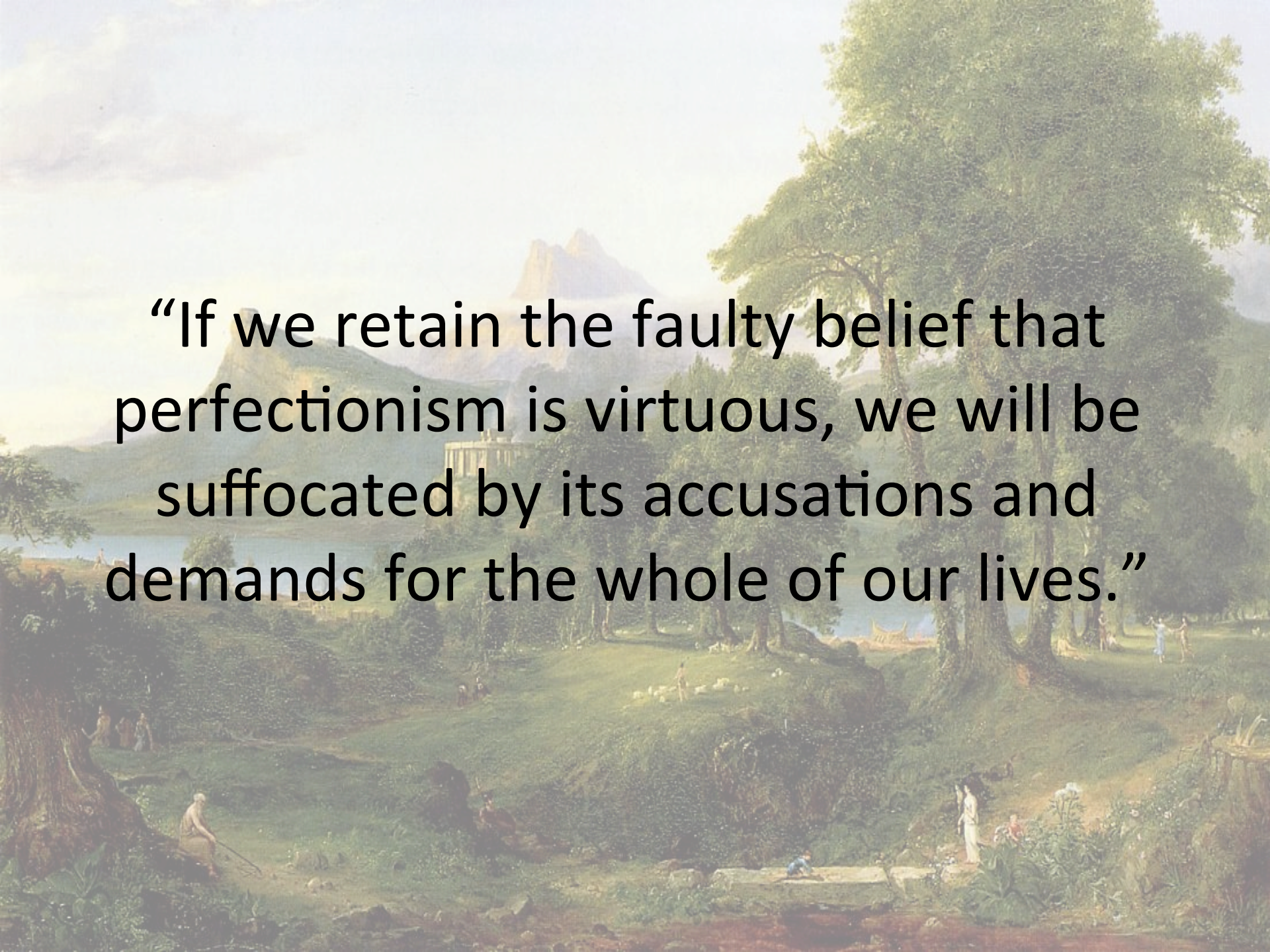
6. You ruminate over why things did not turn out as planned
7. You are defensive toward criticism and fear failure.
8. You only have the end goal in mind.
9. You have an all-or-nothing approach.
10. You are anxious in any situation that might give others the perception you are not perfect.

Undoing Step 1: Changing your mind

Perfectionism
is
SELF ABUSE
of the
HIGHEST
ORDER

Anne Wilson Schaeff



A detailed landscape painting of a valley. In the foreground, a man is plowing a field on the left, while a woman in a white dress stands near a stone structure on the right. A flock of sheep is grazing in the middle ground. In the background, a river flows through a lush green valley, with a large classical temple building situated on a hillside. Distant mountains with sharp peaks are visible under a sky with soft, hazy clouds. The overall scene is peaceful and idyllic, typical of 19th-century landscape art.

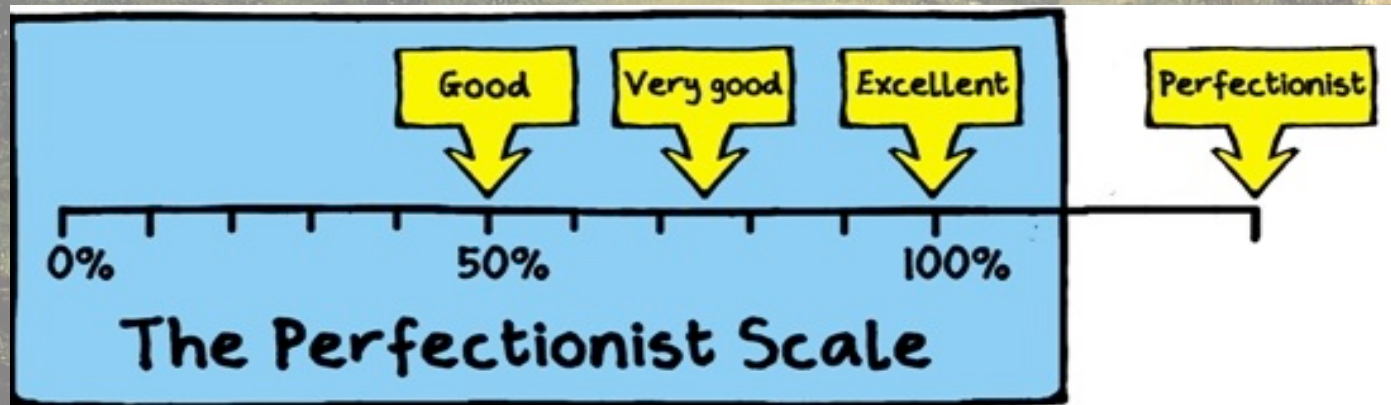
“If we retain the faulty belief that perfectionism is virtuous, we will be suffocated by its accusations and demands for the whole of our lives.”

(Im)Perfectionism

Forbes '*Perfectionism* is problematic because it can lead to obsessiveness; inefficiency; and a multitude of serious mental health issues that affect attendance, performance, and morale. You'll often see a perfectionist procrastinate because she's afraid of failing before she starts. Alternatively, she may position herself as a martyr, "the only one" who cares/thinks/works enough about getting things "right."

3 Components of Perfectionism

1. Sociological and cultural influences (including parenting)
2. Cognitive disposition, thinking bias, emotional 'style'.
3. Spiritual/theological distortion. Spiritual battle.



Trait Induction



Cultural Perfection

Glamour Magazine

“Expectations of physical perfection are at an all-time high—oddly, as women have gotten more culturally liberated, we've also gotten crazier about our bodies. Americans, mostly women, spent more than \$13 billion on plastic surgery in 2007; 10 million U.S. girls a year have eating disorders.”

SIX STEPS TO STUNNING

- HAIR - Cheryl Cole:** Women want her full-bodied hair because it looks so healthy
- FOREHEAD - Kylie Minogue:** The 44-year-old's smooth, lineless forehead implies lasting youth
- EYES - Cheryl Cole:** Large dark eyes make women appear younger
- CHEEKBONES - Kate Moss:** Prominent cheekbones make the face look thinner
- LIPS - Angelina Jolie:** Full lips are attractive because they are a sign of fertility
- TAN - Katie Price:** A healthy tan is a status symbol showing women have time and money to go abroad and tan on the beach

Perfectionism as a Safety Behaviour



Christian Reference Point

Matthew 5:48

“Be perfect, therefore, as your heavenly Father is perfect.” NIV

v

“You however are to be complete in goodness, as your Heavenly Father is complete.”

Weymouth New Testament

‘esesqe oun umeiv teleioi’

“loipon adelfoi cairete katartizesqe”

“Finally, brethren, farewell. Be perfect, be of good comfort, be of one mind, live in peace; and the God of love and peace shall be with you.” KJV

2 Cor 13:11

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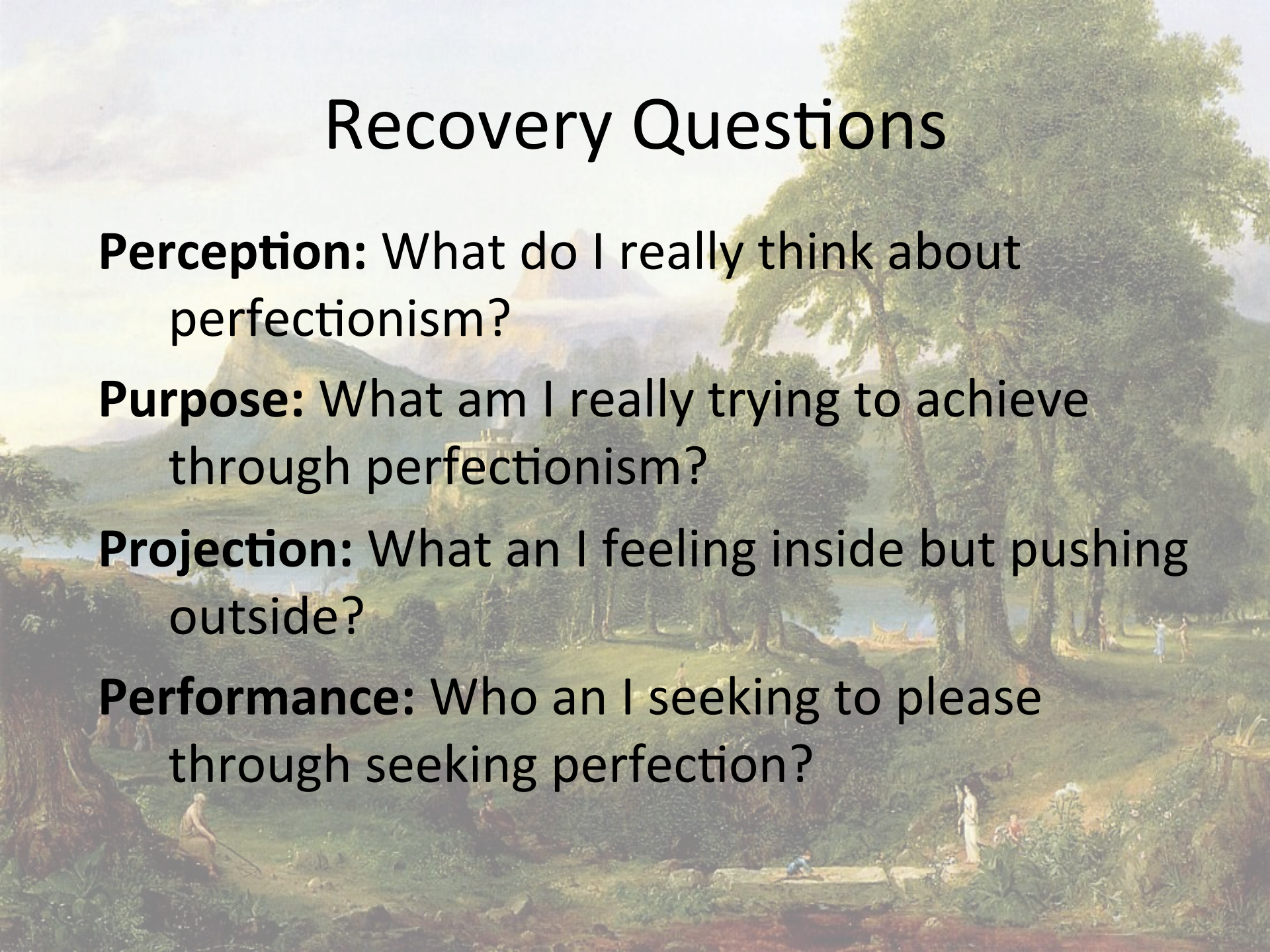
“Finally, brothers and sisters, farewell. Put things in order, listen to my appeal,[d] agree with one another, live in peace; and the God of love and peace will be with you.” NRSV

Perfect?

“If perfection could have been attained through the Levitical priesthood—and indeed the law given to the people established that priesthood—why was there still need for another priest to come?” Hebrews 7:11



Recovery Questions

A classical landscape painting of a valley with a river, trees, and people. The scene is lush and green, with a large tree on the right and a river winding through the valley. In the background, there are mountains and a small building. The overall atmosphere is peaceful and idyllic.

Perception: What do I really think about perfectionism?

Purpose: What am I really trying to achieve through perfectionism?


Projection: What am I feeling inside but pushing outside?

Performance: Who am I seeking to please through seeking perfection?

The background is a detailed landscape painting. On the left, a large tree trunk is visible in the foreground. In the middle ground, a body of water is nestled between rolling green hills. In the distance, a prominent, sharp mountain peak rises against a sky with soft, white clouds. On the right side, a dense forest of tall, leafy trees frames the scene. In the lower right, a small group of people is gathered in a clearing, and a dog is visible. The overall atmosphere is peaceful and idyllic.

the idea of
perfection
is so
imperfect.
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Steps to Change

A detailed landscape painting of a valley. In the foreground, there are large, leafy trees on the right and a small stream or path leading down. In the middle ground, a river flows through a lush green valley. On the left, a person is seen working in a field. In the background, a large mountain range with a prominent peak is visible under a soft, hazy sky. The overall scene is peaceful and idyllic.

- Self aware
- Stress reduction
- Make new appraisals
- Behaviour modification
- Compassionate self talk
- Prayer
- Tolerate discomfort