



Sacred Depths Certification

The Myth of Perfection Resource Sheet

“ *Perfectionism is actually a Myth; no human being can be – or should be - Perfect.* ”

Perfection in its lower-level form is the need to get “it” totally right or not being happy, settled or satisfied unless something is absolutely perfect. Being in fight or flight if you don’t get it right. Or being in fight or flight because you’re scared of not getting it right.

Negative Impact of Unchecked Perfectionism

- It can rob you of your confidence.
- It can activate you to self-judge and say harsh things to yourself.
- It can stop you from getting things done, or slows you down.
- You may get caught up – or even obsessed – in fixing unnecessary details
- It can cause you to even stop showing up or take yourself out of the game
- Sometimes perfectionism can be projected onto other people.
- Perfectionism can show up in any area of your life, with work, parenting, romantic relationships, home, appearance, etc.

Journaling

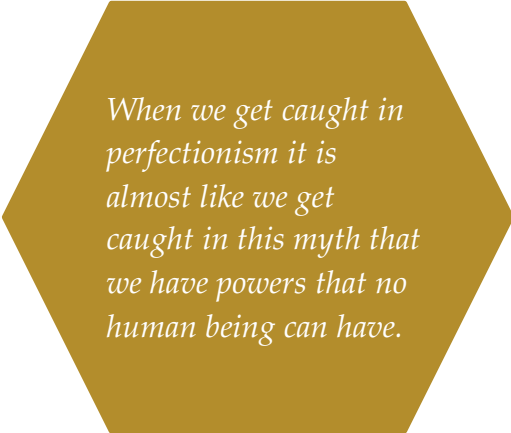
- On a 1-10 scale, how much of a perfectionist are you? (10 = super perfectionist, 1 = not at all)
- Where are the places where your perfectionism shows up?
- Are there things in your life right now that are taking longer because of perfectionism? Or where you are frozen because of perfectionism? Or you’re doing but judging yourself?
- Complete the sentence:
 - Being perfect will save me from....
 - It’s important to be perfect because....
 - My parents/guardian expected me to be perfect by....
- Who in your life do you expect perfection or near perfection with or without realizing it?
- A subset of perfectionism is the expectation that growth or transformation needs to be neat and linear, instead of messy and cyclical. How does this subset show up for you?

Perfectionism is a MYTH!

There is no such thing as a human being who is perfect and no such thing as a perfect anything for any human being. We cannot achieve perfection on anything. Perfectionism is only for the gods/earth energy/spirit.

Black & White Thinking

- When we get caught in the myth of perfection, not only are we stuck trying to be something other than a human being, but we are also engaged in black and white thinking. In the myth of perfection there are only two realities, perfection or failure.
- When in the myth of perfection, we ping-pong back and forth between perfection and failure. We strive for perfection and when it doesn't happen, we slam back into "I'm a failure".
- There is no healthy, middle ground in the myth of perfection, but the middle ground is actually where reality lives.
- Middle ground does not mean mediocre. Just not the extremes of either perfection or failure.



When we get caught in perfectionism it is almost like we get caught in this myth that we have powers that no human being can have.

Journaling

- Where in work or life are you engaged in binary thinking? (e.g., either rich or poor; totally beautiful and sexy or gross and disgusting; I'm successful or I'm a failure; I have spaciousness or I have no time at all; I'm healthy or I'm sick)
- How does binary thinking impact you on the inner and outer levels?
- How does it impact how you feel in your experience?
- How does it impact your actions and what you create?
- Where was perfectionism or binary thinking modeled for you?

Homework

