



Sacred Depths Certification

Working With Clients on the Myth of Perfection

I. Check your own perfectionism filters.

If you're not aware of your own perfectionist or binary thinking, you'll end up bringing that expectation into the container with your client.

II. Create awareness around the myth or the binary thinking

- Use your Create Awareness Tools– Reflecting (ex: “my sense is that your Perfectionist is showing up a bit right now”), Reflecting Hard Truths (ex: “I notice sometimes that when you feel under pressure, your Perfectionism....”), even Consulting (ex: “that’s an unrealistic expectation...”).
- Use your Questioning Skills. Some examples:
 - > What would perfectionism here be?/What would realistic and acceptable here be?
 - > How are you being hard on yourself here?
 - > What would you expect of X here? (‘x’ is a person they love who they tend not to project their perfectionism on)
 - > What would be acceptable if it didn’t have to be absolutely perfect?
 - > What’s the binary thinking that you’re applying to this situation?
 - > What if it didn’t have to be perfect?
 - > What would be at risk for you if things weren’t absolutely perfect?
- If a client is prone to perfection at the beginning of any project they work on, bring their perfectionism into the conversation. Set a foundation whereby they can look for signs their perfectionist is showing up. Pre-emptively strategize around this.

III. Let the client know that you, as the practitioner, are not perfect either.

The more you can let client see that you are imperfect and have survived the more it will help model for client that it’s okay to be imperfect. This gives them permission to move out of the myth.

IV. Work with the Perfectionist as an Archetype, Fear or Negative Thought

- You can do a Befriend Your Fear (BYF) process with this part, The Perfectionist
- Use the BYF method to support client to Befriend this Part of themselves – to bring it out of the blind spot, to lean into it so that client can see it not as ALL of themselves but a part of themselves...this disarms it and allows client to work more productively with it. It also then gives access to SPACIOUSNESS so they can get to Higher Wisdom, more calm, etc.
- Some of the complete the sentence journal questions from higher above are a form of starting to befriend this part of yourself and see it for what it is
- You can also support your client to simply journal from the voice of the Perfectionist
- You can do a BYF with the FEAR of not being Perfect (slightly different than doing a BYF with the Perfectionist itself)
- You can do any of the Re-Wiring Exercises with this as a Negative Thought

V. Growth Mindset

- The road to success is always under construction
- This is the opposite of a perfectionist mindset
- Growth mindset says, I will learn and improve if I stay on this road/in the process.

VI. Even Though _____, Nevertheless Activity

A powerful tool for bringing client (or yourself) out of binary black and white thinking and into the middle ground of reality as well as the Growth Mindset. It is basically a complete the sentence exercise done multiple times.

For example:

- > *Even though my client didn't have a bring-her-to-her- knees breakthrough moment by the end of the call, nevertheless I held sacred space and my client felt seen, heard and loved.*
- > *Even though my client didn't have a bring-her-to-her- knees breakthrough moment by the end of the call, nevertheless we made incredible headway toward the breakthrough.*
- > *Even though my client didn't have a bring-her-to-her- knees breakthrough moment by the end of the call, nevertheless she left with three solid actions steps.*
- You write out multiple “nevertheless” statements for the same “even though” scenario.
- The “even though” portion honors the truth of what is, or what didn't work. It doesn't deny the situation.
- The nevertheless portion takes it out of the failure zone into reality honoring what DID work.
- When doing this exercise, do at least 10 different “nevertheless” statements right then and there in the session. Then invite client to do 10-15 more statements on the same scenario for 7 days in a row.
- Sometimes the same “nevertheless” statement will come up on different days and that's okay. The idea is not to do it once but to do it multiple times to help rewire the brain.

The Shadow Archetypes of Perfection

- Sometimes perfectionism can show up in a HYPO-perfectionist or HYPER-perfectionist state.
- If clients up as the Sloth, or The Lazy One, or Mistake Maker, or the Sloppy One. These may be indicators of your client being in the hypo-perfectionist state and may be an opportunity to work with the myth of perfection.
- In hyper-perfectionist state your client is hyper focused on crossing every imaginable 't' and dotting every possible 'i'. They get stuck playing the what-if game and making sure every possible outcome is considered.

Journaling for clients:

- When have you dropped into hypo-perfectionism as a response to feeling like you wouldn't be able to "get it right anyway"?
- Under what conditions do you feel compelled to ensure that every single minute detail is correctly thought of and managed?
- What feels at risk for you if things aren't exactly perfect?