



Sacred Depths Certification

Myth of Perfection

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Hi, everybody, welcome. Give y'all a minute to pile in. Janay All right. So I know I say all of our classes are one of my favorite classes. But this, this one might be my most favorite class. For real.

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Today, we're going to be looking at supporting clients through the myth of perfection. Before we do a couple of logistical pieces that I want to mention. The first is I'm really excited, I saw that so many of you have been registering for the workshop training that I'm going to be holding next Wednesday, on September 14, the transform the room workshop. I'm excited for those of you that are going to be there that have been called to be there, I'm just so excited that you're going to be there you're going to love all that we go through. Some of it is related to what we learn in sacred depths. But there are a lot of departures because we're going to be looking specifically through the lens of facilitating and leading groups and workshops and events. I wanted to just let all of you know for those of you that are coming to that event, that at the end of set at some point in the four hours towards the end, I'm going to be sharing about a longer training called into the depths. That's all about ritual ceremony, group somatic exercises, group facilitation, curriculum development, holding groups, you know, all of the things. So I'm going to be sharing about that towards the end of that workshop. If you are in this group, in sacred depths, you have a special rate on that I'm not going to be sharing that publicly next Wednesday. But if it's something that you're interested in, I'll be sharing you special rates and numbers that are just for you. It is one of the offerings that I'll be sharing with this whole group. When we come together, what's the date, on October 6, at one Eastern, hopefully you have it in your calendars, we'll be sending out emails, but on October 6, that one Eastern, I'll be sharing different ways for us to continue working together, if that's something that you would like to do. So anyway, that just so you know, because you'll be hearing information and numbers next week, etc. But you all get special numbers on that. Yeah, into the depths is going to be in 2023 It starts in January. Okay, I wanted to make sure that I shared that. The other thing that I wanted to make sure that I shared is that this point, at this point in the program, we're gonna start picking up the pace a bit. Things are gonna we're gonna move through things. I mean, I'm gonna give things space for sure. But we've got if you can only but if you can believe that we've got only like eight weeks left, and there's still a lot that I'm gonna be sharing with you over the next eight weeks. I like to start really slow, really get the foundational pieces down, and then we start accelerating. I'm noting this for a couple of reasons. Number one because As you're going to take in so much, you're going to have opportunity to practice with your partners, we're going to be integrating in lots of different ways. And this is an important and you're not going to integrate all of it by the time we're done with sacred deaths. And that is a good thing. I always like to say what we learn in sacred deaths is kind of like time release capsule, you know, like, you take a pill, and there's that time release capsule, it does what it needs to do, the medicine is there right away, but then it kind of like keeps on delivering and delivering and delivering, especially because we're looking at myth of perfection today, do not apply any myth of perfection to this training, you are getting everything that you need. And then I mean, it feels funny to say, because this is my training, but I'm just gonna say it and then it is the gift that keeps on giving you will go deeper and deeper and deeper into your

mastery, as you practice and just as you continue to work through the material. That being said, of course, as always, as it's been since we began, please ask questions as questions in between sessions. I want to get your needs met in all the ways that I can.

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The other piece on all of this, and I think I mentioned this at some point, maybe a month ago to you, but I'll just say it again, sacred depths is definitely a marathon program. It's not a sprint, we are getting to sort of starting to get to the home stretch a little bit, continue to stay strong. Of course, there are moments when we're more present, there are moments when we're less present that is normal 100%. But finish strong, and the program in the ways that you want to end the program. If that means recommitting, to your presence to your homework, to your practice, to asking more questions to going back and listening. Maybe to some sessions that you missed whatever it is you get to recommit in any moment, or new commit in any moment. All right, any questions on any of that before we dive in?

7:47

Okay. Also, I realized the other piece I wanted to share is I made a part two to the rewiring negative thought patterns session that we did last week. It was good and important. So if you haven't yet listened to it, it's there for you and your member center. It should have already been there in the middle of last week. I made it I think the next day. And if you have any questions on that, recording after you listen to it, please just reach out and let me know. All right, let me turn a light on. Supporting clients through the myth of perfection. Let's start here. What is perfectionism? There's so many different ways that we can define perfectionism. And this is how I'll define it. For the work that we're going to be looking at today, it can be the need to get it totally an utterly right. That can be perfectionism. Or here's another way that we can understand perfectionism not being happy or settled or satisfied, unless it's absolutely perfect. Not being happy or settled or satisfied unless it's absolutely perfect. Or here's another way that we can also understand it. Being in fight or flight, if it's not totally right, or as you expected it to be going into fight or flight fawn, it's not totally right as your expect it to be if your server in other words, if your survival instinct start kicking up, because you've got this magical thinking that if it's if it's just right, then it can safeguard you from disaster.

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We can also understand perfectionism is when we judge ourselves or others harshly, if it's not perfect if we've got that judgment thing going on, if it's not perfect I can tell you that I am no stranger to perfection. It is something that has been with me for as long as I can remember. And it is something that I have worked on. And it is something that I continue to work on. Yeah. And Amy sing in the chat, it's helpful for me to think of perfectionism as a tenant of white supremacy. Absolutely. We're going to get there, Amy, for sure. Attendant of white supremacy of patriarchy, capitalism. Absolutely. So I know Perfection isn't very well. And I could share with you many, many, many stories, we would be on the line for many days. I share with you my stories, but I wanted to share one or two that really illustrate how perfectionism can be an obstacle in our lives. And then just look at a couple of different ways that perfectionism can really become an obstacle. So first, I'll just share about my first website. So my very first business, I had a business partner, Don, incidentally, we're both Virgos, which have a lot of perfectionist tendencies. And this was back, you know, 20 years ago. And we were starting our business, and we wanted to put together a website. Well, she was perfectionist, I was perfectionist, we wrote the copy for the website, and then proceeded to take over a year to go back and correct it, to edit it to pick one logo and then decide that logo wasn't good enough and asked the graphic designer to then improve it this way and improve it that way. And the months went on and on and on and on. And it took us so much longer than it needed to in order to launch that website. It caused a lot of stress for us because of that perfectionism, shame in not getting it out into the world. And, and really holding back in some ways holding back our business. Sarah's saying she has no idea what I'm talking about. Yeah, I'm sure nobody does. So that's a dramatic, that's more of a dramatic example of perfectionism and how it can be an obstacle, and then also share just less dramatically. And this is something that I've worked on a lot, but it's something that I continue to work on. My perfectionism impacts me

in subtle ways, in my everyday life, like finishing, teaching a class, knowing that overall, it was amazing. But then hooking into the like one or two things that maybe didn't go the way that I wanted it to go. And getting caught in that right now. I've gotten so much better at that over the years, it doesn't impact me as much. Sometimes I've been able to walk out of a workshop and just be like, and that was good and not not focused on the things that were imperfect every now and again, right? But I just say like, no myth of perfection here either on the myth of perfection, I am still working on these pieces myself and they think that it is a very, very worthwhile very worthwhile cause. So when we get caught in perfectionism, and our clients get caught in perfectionism, it can hold us back from actually getting things done that we could be getting done. Sometimes when we get caught in perfectionism, things end up taking much longer than they need to take. Sometimes when we get caught in perfectionism, we get obsessed almost in fixing unnecessary details, instead of moving things forward.

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In some more extreme cases, when we get caught in perfectionism, we might just abandon ship altogether, stop showing up, just feel in our judgment or in our shame and just give up. Sometimes, when we get caught in perfectionism, it can rob us of our confidence sometimes when we get caught in perfectionism, we might be get it done people so we get it done, but we just self judge a lot.

16:05

Perfectionism can show up in any area of life, work. Creativity, relationships, parenting, friendships, sex life, appearance. Even and I know it has even for some of you here and sacred depths, so I haven't been doing the program perfectly. I haven't been showing up in all the ways that I intended to show up when I started. Right. So let's pause here for a moment and I'll ask a couple of questions. On a scale of one to 10 how perfectionist are you? 10 is like extreme perfectionism one, not so much. And it might be different in each area in your life to write it is for being on a scale of one to 10 how perfectionist are you if you were to assess yourself?

17:17

77889 10 Yeah yeah, it's it's a thing what where are the places that your perfectionism tends to come up? Pretty persistently where are the places where your perfectionism tends to come up pretty persistently?

18:14

Randa sang at work and parenting, Tina saying in my work and in my cooking thank goodness I don't have perfectionism with my cooking parenting coaching when I do things for other people. Yeah. Yeah. Appearance and seeing a lot of work appearance. My online presence Alta saying speaking listening projects Yep. Yeah. Some places when I am seeing are visible to strangers, Sarah saying yes. Cleaning I'm seeing so cleaning here. Yeah. Parenting Yeah. caretaking Yes. Group work. Okay. Here's another thing I want to invite you to consider when you think about your perfectionism, what is not so helpful about it? But also what is helpful about it? Right because nothing is black or white. My perfectionism, when it is not extreme has been helpful for me in certain ways. It is it is part of what allows me to hold space for excellence now not When it's in the extreme, right, but what has been helpful about your perfectionism and what has been not so helpful about your perfectionism?

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And Elisa saying I don't slack Yeah, no Oh SingSing similar put a lot of effort in yes and you do things well Janae is saying I learned a ton because of the impact of perfectionism. Yeah, yeah and not so helpful being super critical and affecting confidence. Also saying I create called quality content mindful about what I say yeah, I love that you're adding that into I agree with that. Not so helpful spending hours drafting three paragraphs Yes. Barbara is perfectionist it is very helpful for proofreading and editing other people's work but it can get in the way there too. Also, yeah. Yeah, good. He's our great procrastination Yeah. Put on if we're gonna talk about that AJ putting on a face of anti perfectionism yeah yeah good all right. Complete we're gonna play complete the sentence being perfect will save me from being perfect will save me from now and give you maybe a half minute to write on that being perfect will save me from

22:43

yeah

23:01

so a lot of shares in the chat thank you for sharing and let's just pause for a moment and take in how much we're putting onto the need to be perfect

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all right, one more complete the sentence. My parents and if parents don't work for this statement for you, you can insert someone else into this. My parents expected me to be perfect by my parents or someone else expected me to be perfect Bye.

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So Cecil, what in what ways did your parents expect you to be perfect whether it was spoken or unspoken. I can I'm going to open up for some voice to voice shares in a moment? I have I've got one more question first. Who in your life? Do you expect perfection or near perfection from maybe without even realizing it? Who are you holding to to high standards? Who in your life do you expect perfection or near perfection from without even realizing it? Who are you holding to to high standards

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this is not to judge yourself, right? This is just for awareness. I catch myself often with John just I've gotten to that place of expecting just the standard is too high and expecting perfection from him.

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I go there also with my business a lot as an entity wasn't perfect. So it's worthless, it's failing right.

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And by the way, a subset of perfectionism is expecting that growth, transfer or transformation, or any kind of accomplishment is going to be neat and linear. Instead of messy and cyclical. A subset of perfectionism is the expectation that growth or transformation, or any kind of accomplishment is going to be neat and linear, instead of messy and cyclical. Okay, let's pause here. I so appreciate all of the sharing in the chat and I'd love to hear a couple of your voices. What are you seeing so far? That's feeling really important. What are you seeing so far? That's feeling really important. Annalise?

28:15

Wow, this is it's actually creating quite a big emotional response I think as women we have a societal push towards this. We carry the last generation perfectionism of being perfect mothers, and perfect housewives. And so like, you know, caring about our husband and making cakes and making the family happy. And this generation of you know, women that are emancipated you know change the world and this and that. So we have a double star it's already difficult to fulfill one of this letter law because you can't be a perfect mother a perfect partner perfect as you know, perfect house and then on the other side to be perfect manager and perfect, you know, professional and perfect everything and I just have just carried with me all of this both of them. And they just like, at the moment just just exploding inside and yes, yes, I am. You know, relatively successful and not such a bad mom and you know, probably I don't know if I'm a good wife, probably. I too am I'm not. But I just feel for all of us. I really do.

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Yeah, I know. It's it's hard to bring up all of the awareness and you just really want to honor how hard that is. And also honor tell me if I'm getting this right. What I think I heard you say is that you're seeing that. It doesn't have to be true that so much of that is has been put upon you. But that doesn't have to be true.

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You know, John, I don't cook really well I think I'm okay. No, it's fine. I'm okay. I'm gonna call opening the kids just fine. It's fine. It's all fine, baby. It's only it's okay. Honestly. It's fine. It's fine. It's okay to take a call with so many people. Yeah, they can so I love you very much. I love you

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know not to apologize. Just connect in with your body for a moment. Yeah. Okay, good. When you connect in with your heart, and is it okay to put a hand on your heart? Yeah, just connected with your heart connected with your beautiful heart. Yeah. What is it that your heart really wants you to know? Right now

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that it's actually not my fault that all the time. I struggle. And sometimes I drop things off. And then I feel useless because I put so much on my plate. I tried to do millions of things. And then something of course, if you put too much on your plate, something drops off. And then I feel shit. Because I have missed the client appointment. Or I've missed. I'm sorry, out we missed the call last week. Just wasn't just thinking sometimes too much. And it's, it's okay. Sometimes I dropped things. And actually, I think I should just put less on my plate. And. And that's it. And I cook you know, I don't want to cook. Yeah,

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I'm with you. I don't want to cook, either. So one of the you just said so many important things. And Elise and one of the things that I just heard you say is that it's okay. It's okay. When I don't do everything, what's the part of you if you could name the part of you that knows that it's okay. When you drop things. What's that part of you?

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Is that little girl that was required to be so mature and so independent and so understanding of everyone needs and being treated very sufficiently and being left and been left on our own on the first day of school or just because my mum went away for, you know, a year and then plus even more and it was fine for me not to complain and just get along with life and be good. Right up perfect.

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Yeah. Is that the part of you that knows it's okay. If you drop the ball.

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Yeah, that little girl. Just like I mean, it's me comforting her because she's little, actually I think she is. I wish it could understand that now. And it's probably that part of me. That is still her, but I don't want her to be like that.

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Yes, yes. So you get to give to her what adults in your life didn't give her, which is this wisdom and this knowing that it's okay that she doesn't have to be a superwoman her super girl or person perfect, right? What is it that you really want her to know? Like from your heart to hers? What is it that you really want her to know? That I love her? I really too. Would it be okay for you to take a moment and just really let her feel that what else do you want her to know?

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She's bloody amazing. Yes. Yes. Yes. She's a ball of energy of empathy. And she lives people's life. And she's got so much such a beautiful energy, if she just flows with it flows with whatever. Whatever it is, without just thriving all the time.

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Yes. Yes. How would it feel to write her a letter later today or tomorrow? I know you're really dizzy. It doesn't have to take a lot of time. 510 minutes, but how would it feel to write her a letter and just really continue down this new pathway that you're creating for her and let her know all of this? Yeah,

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I think it feels really good. I already feel her in me. Just smiling. And thanking you and you know, everyone here because all the energy that you're giving me at the moment is priceless. And

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I'm so glad and I love that your kiddo came into the camera for a little bit. It was like almost like a sign like look at your little kiddo too. Right? So so sweet. Yeah, you're very sweet. Thank you. Thank you. Everyone deep breath in how lucky are we that we get to witness and just hold space and be together for things like this. Barbara

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I just want to honor you Annalise and all the vulnerability that you shared. And I could see in the chat how it resonated with so many. And my my shares kind of more broad spectrum. I mean, of course it applies to me, but I don't want to rush from it energy. I really see how this perfectionism just plays out in our culture so much and how we, you know, we get rewarded for it, some of us get rewarded for that perfectionist behavior where we, you know, put in the extra two hours every day at work, or we you know, we have the house that could be seen on you know, some beautiful homes magazine, or, you know, we just, you know, we get the straight A's that means we get to go to the college or get a scholarship and, and you know, and definitely women, the expectations for the way that women are supposed to be perfect are even higher, and in so many more spheres than how men are supposed to be perfect. And I I don't know if this just pops in like I got a lot of this perfectionism from my mom, who got it from her dad and he was a proofreader at a newspaper me he proofread, read the ads before they went in to you know, and I'm sure he was a perfectionist is his that was his, his energy anyway. And I been like trying to think about oh, you know, I'm not a perfectionist, and then I might criticize my wife for not loading the dishwasher. Right? Right.

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What Yeah, Ain't no action is, you know, yes. And what you're seeing is so important and it relates to what Amy was sharing in the chat earlier this is baked into, like predominant culture this is baked into white supremacy This is baked in to capitalism, this is baked into patriarchy, we're getting these messages that its perfectionist or has to be perfect or bust. All the time that we don't even realize how soaked in we are with that messaging. And part of this supporting ourselves and our clients with myth of perfection work is about undoing that messaging that came from our parents that came from the greater culture that they seeped in. So embedded. And that's why this is like to me, this work is personal work, but it's also community work and and society work. It's so important. Yeah, thank you for sharing all of that. Randa.

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As Annalise was speaking, it definitely triggered and the some of the questions that you've brought up today about family and where's that come from the expectation or the perfectionism thing. And the word perfect is it used to be a massive trigger for me. Growing up in a family with an immigrant father, who worked really hard to get to this country, he gotta like, live up to that standard. And I actually respect that that is worth that work ethic was drilled into me, but at home, my dad dealt with OCD, and that control their lives. So when my mom wasn't doing things in the right order, there would be anger, and there'd be conflict. And then I would end up judging

her and just instead of stepping in and trying to make the peace, so that I just became this quiet little mouse around the house, who tried to make things perfect for him for what he needed. And then I got acknowledgment for that. And that was, I hated it, absolutely hated it. And the same with school. doing too well in school, I got called out. So I ended up hiding that piece, and learning to not have expectations of others and not allowing others to see you know that I was getting good grades. And I was doing amazing in every other way. To the point of it just being like I showed up as much as the bad girl is I could possibly do to de shine the image. And then at the end showing up on the Dean's list as I graduated and everyone was dropped, dropped jawed being like, but you skipped class and in you never showed up for this. And you and my sister and brother even shocked to that point. And I didn't realize it until then that I had hidden it so much because I hated the words. Even a partner of mine was borderline personality disorder. And he was like, You're perfect. And he hated it about me. So that word is just like this mixed up massive closeness that is like I not and I strongly agree with there's no such thing. And aspiring for that is damaging.

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100% 100% Thank you for sharing can feel the the layers of how all of this has impacted you and how you've navigated it. And

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still navigating?

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And are and are still navigating because no myth of perfection with perfection. Thank you. Yeah. Thanks. Take one more share. Kelly.

44:03

Yeah, just a brief one. And just to say first, I can relate so much with every piece that has been shared, these just feel like so deeply, to be collected tendencies. And I like honoring all of what's come before and been shared. And I think the awareness that I'm having right now is just I've been feeling as we've done this move like my own perfectionist tendencies and how much has gotten in the way and how exhausting it is. And, and I'm hearing in the shares too, just this this concept of like when we're constantly striving to be better or to be more perfect. Like it leads to exhaustion, it leads to overwhelm it leads to burnout, and there's no space for anything when you're never enough. And just like again, because my lens is always through the nervous system. It's it's like it doesn't allow space for authenticity because we're always seeking to do this. Now this is more my shamanic lens Isn't this like shape shifting, to make things work for those around us. And that is incredibly isolating, and alienating. And I, when I think of it, like from this healing frame, I'm just sort of like, wow, this really gets in the way because it keeps us from being able to step into community and into connection, which is essential for well being. And that these tendencies can just lead us into that place of not being able to connect in ways that feel authentic, which are ways that settle our nervous system, which totally impacts the collective. So I'm just having this awareness as I'm reflecting for myself, but also just hearing everyone else.

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Yeah, yes to everything you just said. So so well said. And I'll also just add to that, how social media accelerates of all of this to right, it's just more scrolling and scrolling and seeing the perfect curation of people's lives and the stories instead of the mess that we all have behind it. Okay, let's keep on going. So, as Rhonda said, perfectionism is not it's just impossible, it is a myth. There is no or it's not, I shouldn't say perfectionism isn't this perfection is a myth, it is impossible. As human beings, we can not achieve perfection. Perfection is only for the gods. And even then, maybe not even right. So, in some ways, we are like stepping a little bit into a god complex when we get stuck in perfectionism. For another thing, who exactly has set the standards of perfection? You know, in our culture, right back to white supremacy back to corporate gain, right back to patriarchy? Who has set these standards? And how do these standards of perfection, uphold societal power structures

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I get chills as I say that. When we get stuck in the myth of perfection, we're actually engaged in black or white thinking. And what it looks like whether we realize it or not, is some version of this perfection is on one end. And failure is at the other end, when we get stuck in perfectionist thinking, those are the only two things that exist, I am either perfect this project is either is perfect, I look perfect, or I am an utter failure. It is utterly a failure, black or white thinking. When we get stuck in perfectionism, there is no middle ground between perfection and failure. And what often happens and check this out for yourself is that we do this ping pong game. We strive perfection, I'm going to be perfect, I'm going to be perfect, I'm going to be perfect. And then we don't get there. Because we can't be perfect. Nothing can be perfect. And so then we slam back to I'm a failure, I'm a failure. I'm a failure, I'm a failure. And then maybe we move out of it. It's going to be perfect. It's going to be perfect. It's going to be perfect. It's going to be perfect. It doesn't happen. And we get slammed back. No nothing in between. But here's the thing, real life. And reality is the in between the perfection and failure doesn't utter failure doesn't exist either. That's not real, either. Real Life reality. And that's not by the way, it's not mediocre what's in between. It's actually where all of the gold and the beauty and the real nice realness. And as Kelly said the authenticity of life. It is y'all with me? Anybody want to we still have a lot to look at today, but anybody want to just share what is feeling really important here? What are you seeing? Oh, hi.

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Hope it's okay to keep my camera off. I look crazy. You so what what this is landing for me as I'm listening to this part of it, it makes me think of just so happy it came up because it makes me think of my program Sacred Heart, which is for moms and their preteen daughters. And I launched it in the spring, and had all these visions and ideas for what it was going to be. And then summer happened. And everyone started not coming. And I started like, oh my god, what am I doing wrong? Is it that? How did I fail. And I really contemplated not launching another round. And just like throwing the whole thing in the trash. It didn't work. It wasn't what I wanted. But I launched it anyways, this week, I launched round two, I pushed myself to send out the email. And I invited everyone who was in round one to come back and do round two with me and finish it all the way. And I didn't, I didn't see how that was perfectionism. And in this very moment, that was perfectionism at a 10 where it's not the first time I've ever wanted to walk away from something because it didn't go exactly how I thought and I did assume it was failure. So that was

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yeah, I'm so glad you can see how you kind of did that ping pong. And also, I'm glad that you moved out of it. And relaunch. That's awesome.

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Thank you. Oh, this amazing.

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Thank you, Tina, and then we're gonna continue.

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I Joanna, I think one of the things that came to the forefront of my mind when I was listening to you speak was and you can do like nine things perfect. And then make one big mistake. And everybody will remember you for the one big mistake. And I think that's like a big contributing factor to what's beneath a lot of perfectionism because people harp on the one thing you did wrong. And it's just, I don't know, I would I would love to find a way to restructure that somehow. It's just I think that's a big part of it.

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Yeah, I hear you. And I know that that is the case for a lot of people. And I want to challenge you that it's always like, I know you didn't say it's always like that. But I want to challenge you that I until we were getting this right, I'm hearing in some of what you're saying that. And those are the people that you're surrounded with. And so that's how it has to be. And similar to what we were looking at last week, I want to challenge you on some of the assumptions or story that you're making there. Either Tina, yeah, I'm

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sorry, I'm on my iPad, which is harder to operate with my finger. So what is it that you want me to do right now? I know you're challenging me, but to

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so in what you just shared. And again, I hear you, because I know I have definitely I grew up in a household with folks that were just looking for the one thing that's not perfect, so I absolutely hear you on it. The invitation is to look at what is real and what is story about the conclusions that you're drawing from that.

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And do you want me to just think about it on my own or just say it out loud? Right?

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Yeah, no, just for because of time. I'm gonna ask you to do it for homework, but I'd love to hear what you come up with. Okay, great.

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Thank you. i

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Well, is that does that land for you?

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Yeah, yeah, I will. Definitely. I mean, I think that reality comes from hearing other people and how they speak about other people.

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Yeah. Yes, there are some realities there. Right. And you can even make two columns. Like what, what? What is real about this, but then what are some of the stories that you're making up about it too? Okay, thanks. Let's Yeah, let's see what comes through for that.

55:06

All right, thank you. Thank you.

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All right. Well, I'll just ask everybody to think about this for a moment. Where in your life are you engaging in binary thinking or black or white thinking. So, for example, I'm either rich or poor. I'm either beautiful and sexy, or I'm disgusting. I'm a success. I'm either a success or a failure. I've either got spaciousness or I have no time at all. And either healthy, or I'm super sick. I'm an amazing practitioner or I'm the worst practitioner that ever was

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Where are you engaging in some binary thinking? I'd love if you want to share some examples in the chat? What are some of the places these are the places where clients engage in binary thinking as well.

57:18

Carla's saying, I just remembered that my parents would criticize or punish our failures, but say very little about our successes. Yeah. Where does binary thinking show up Cecil is saying that my son will be emotionally neglected if I don't show up emotionally intelligent 100% of the time. Yeah. AJ saying I make a black and white of where I fit in a made up hierarchy of my surroundings. I know that one. Yes. Amy saying I realized I don't go all the way to failure. I'm either the best or mediocre, which is even worse than failure for you. That's a great awareness. Amy. Sophie, Jane is saying my husband is the best. I feel so safe with him. Then why is he being such a jerk? He doesn't care about no idea what you're talking about. Okay, so yeah, I honest thing. I tend to swing in extremes and thoughts and feelings. Yeah. And all of those areas. Yeah. Okay, so hopefully now we have a I mean, we could spend weeks and weeks on this, but a little bit more of an understanding of how perfectionism shows up how it can show up for our clients what is operating, when it does. So how can we work with the myth of perfection? Well, number one, it always starts with energetics. So first energetic peace. Check your own perfectionism filters, which we've started to do today. Right? So energy follows energy. If we, as the practitioner, have an unchecked filter around perfectionism, let's say like, what a what a partnership is supposed to look like or what a successful launch is supposed to look like or what a successful parenting is supposed to look like. If we've got any perfect perfectionism going on in there and we haven't checked that filter. We're not aware of it. It's going to show up in our client sessions. It's going to show up in our expectations in our client sessions. Right so we want to check our own filters around that. The other piece, we could put it under energetics that that is so important. And hopefully you've see how I model this for you is modeling imperfection for our clients. Imperfection along with and it's okay. Right? There are and you know, there's so many things, particularly in today's class are like getting up on my soapbox, and I'll just like for a second that'll just say like there. There are too many internet marketers, coaches leaders out there who just present to their communities and in their marketing as perfect. As everything is perfect. Everything is going well, you know, maybe I made that mistake in the past, but then I did this and I got over it. And like, magically, it's right. Like, there's so many ways that perfectionism is modeled in the coaching and transformational industries, and it, it hurts our clients and our communities, when we don't reveal that we are imperfect, and that it is okay to be imperfect.

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That makes sense. From there creating awareness. Such an important tool when it comes to working with the myth of perfection, right and go back to our creating awareness module, you can use

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a number of the tools that we learnt there, right, so you can reflect in order to create awareness. My sense is that your perfectionism is showing up a bit right now, right? That's an exact example of reflection, or reflecting hard truths. I noticed some times that when you feel under pressure, your perfectionism starts to show up. Or even consulting, remember that factoring consulting as a creating awareness tool? Sometimes I have to say to a client, you know, I think that might be an unrealistic expectation to be able to launch that program in three weeks.

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Ramdas asking, would you use that wording your perfectionism is showing up? It's such a great question. So it completely depends on the client always coach the what based on the who, if we've looked at perfectionism before, and it's it's a word that lands for them. Absolutely, I will. And I will sometimes use it even if we haven't, you know, gone deeper yet and looked at it. But if we know that that's like, for you, Randa, that's a word that is maybe not so helpful. either. You might say it in different ways, for sure. You can also as you know, use your questioning skills to create awareness. So for example, I might ask a client, if I see that some of their perfectionism is creeping in what would be acceptable here for you if it didn't have to be absolutely perfect? Or what would perfectionism look like in this scenario? And then what would realistic and acceptable look like in this scenario? Sometimes if you know that there's someone that your client loves and wouldn't hold to a standard of perfection. You can ask the question like well, what would you expect of X person in this scenario

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an exercise that I really Elena's saying I might say the perfectionism rather than your to detach to start to dismantle the sense of ownership. Yeah. And and the labeling. I love that lane. Thanks for sharing that. That's great. Another exercise that I love is I'll sometimes ask a client for homework, we may not do it in a session though every now and again, we will. But sometimes I'll ask whether it's in a session or homework, I'll invite the client to make three columns. Column one is perfect and unrealistic. Column two is ideal. And column three is truly good enough. And whatever situation we're looking at, I'll have them fill out for themselves what's perfect and unrealistic in this situation, what is ideal in the situation, and then what is truly good enough in this situation, it is a can be a really valuable and effective way of supporting a client cognitively, to really pull out kind of pull out from the perfectionism and see the unrealistic standards that they've been holding themselves to, and then also start to to vision and strategize and get comfortable in the realistic

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Yeah, Randa, perfect and unrealistic, that's one column ideal. And then truly good enough. So for example, maybe if the situation is client sessions, right, so maybe truly good enough is my clients feel seen and loved by me, my clients are learning how to access their own wisdom, inner wisdom and self leadership, and they're moving forward on their goals, even if slowly, maybe that's truly good enough, maybe ideal is I'm knocking a lot of sessions out of the park, there's real deep learning that's happening. There, my clients are really working on their resistance in their blocks, even though they still get snagged a lot of the time, but creative solutions and action taking are happening, maybe that's ideal. Maybe perfect and unrealistic is not I knock every session out of the park, I bring my clients to their knees every single time. Even if a little resistance comes up, we get over it in a day, you know, like a quick session and there's consistent growth without plateaus or setbacks. When I go into my perfectionist thinking that's where I go for me, right

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another question that can sometimes help create awareness around perfectionism is who or what systems standards does this reflect? Or who or what cultures standards does this reflect

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another way that I often will create awareness is actually preemptively when I'm working with a client at the outset of a new project or a new whatever they're going even a conversation that they want to have, you know, I might drop just like an it's like it's not going to be perfect. Right? It's like we're we're looking at what is the ideal here but in any event, no launch is perfect. No conversation is perfect, etc. All right. Let me pause here there's still a bit more that I want to share today. But any thoughts sparks questions around the energetic pieces that I spoke to, or creating awareness around the perfectionism or perfectionist tendencies No, all of that's clear. Okay. Kelly,

1:09:47

I just I just am having this thought right now about how it all of these shares and what's being shared in the chat with mature two are just so helpful to see all the ways it shows up and I'm realizing cuz it's so invisible the way it gets created, like, nobody's going around saying you're supposed to be perfect. I mean, that's not nobody, that's not true. A lot of things are said, like, you're supposed to be perfect. But it's so insidious, and it's so deep. And, and so it becomes this like Sneaky sneaky monster that can get under the surface and really impact our behavior and part of like, bringing it out into the open and creating the awareness. And even like, you know, putting names to it is so powerful, because then we can actually address it when we can call it something and we can acknowledge it, like just the amount of emotion that's flowing today. Like I'm feeling it, so many people are feeling it, and I'm just, I'm just kind of blown away. I'm like, oh, yeah, but nobody, not nobody. Many are sharing these things that don't involve someone saying, you're supposed to be perfect, but it's so there. I can follow what's been shared. So I'm just kind of sitting here with my job.

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Yeah, absolutely. That's how I sing like it's baked in, it is baked in. And like this work isn't just the personal work, it is the society work, and absolutely the naming it. And also the normalizing. Again, like the normalizing that life is messy, and we are messy, and it doesn't always turn out the way it's supposed to. And then the second time, it often doesn't turn out the way it's supposed to. And sometimes a third time's right, like normalizing all of that is such a service to our clients and to their well being and to them being able to ultimately reach their goals. Because it helps poke holes in the shame around noon perfect, which as a society we all carry.

1:12:00

Ha You there, AJ? I can't hear you if you're talking AJ. No, not working. Okay. I'm gonna take one more share for now, Barbara, there's still a bunch of things I want to share. So, Barbara, and then I'll open up in the end to

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thank you. Yeah, I really want to speak to that insidiousness that that we experienced that Kelly was talking about and that I can like, have that looking at somebody else and see their imperfection. And think for some reason, it just doesn't quite apply to me like that, that it's okay, that XYZ happened. And that person had three business failures, but had no ammunition and that somebody mentioned in the chat earlier, they think there was definitely a really strong religious aspect to it. And I just yeah, that's part of many of our cultures. And yeah,

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yeah, yeah, absolutely. And I'd say like, sometimes also, it's the flip. I mean, I know for myself, sometimes I'm like, they can be imperfect, but I can't, but then in other moments, I'm like, why are they? Right? Where I'm giving myself that slap? But not the other person? Yeah. Ha.

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rang again. i You got me. Yeah. Okay. My question is around bringing awareness creating awareness when there are real a belief that perfection is the goal perfection is the need in such in such situation. Yeah, where where? That. That phrase. Perfection is the enemy of good or something like that. Yeah, I heard

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those phrases, but, but

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I'm thinking specifically of someone who is a couple of people I know who are like that is awful and wrong and lowers standards and keeps people from rising to greatness. Yeah,

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yeah. It's a toughy. So you know, it depends on the context and the situation but there are a couple of ways that you can approach it. And even before I share that also want to say like we can, we can't ever change clients minds or just lost you AJ can you do Just say hello. So I see Well, I'm still here. You know, I also just want to say like, we can't change anybody's mind either, right? Like clients have to be open to wanting to see things differently. But that being said, we can use so many of the tools that we've already looked at, in the program. So oftentimes, when there's such a clinging to, it has to be perfect. There can be a fear in there, right? So supporting a client to see like, what what is it that you're actually scared of, if this doesn't go perfectly, and then working to loosen the fear up a little bit, can then have impact on loosening some of the thoughts around the perfectionism. So that's, you know, someone is really clinging on, that's one of the places that I might, again, depends on the full context and whatever. But that's definitely one of the places that I might go. Another place I might go is in the resistance archetypes. And there's like a little bit of Judge, you know, that I heard you saying, so kind of looking, you know, going back to those tools and looking at it through that lens could be really helpful as well.

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That makes sense. Thank you. Yes.

1:16:25

Okay. Okay, good. Okay. Okay, I want to share one of my favorite exercises that I use a lot with myself, and with clients when it comes to perfectionism. And it's called, even though Nevertheless, even though nevertheless, so this is, I have found this exercise to be really excellent at supporting clients to move out of binary thinking. And also to support a growth mindset. Growth Mindset is, when we understand that the road to success, or our goals, or whatever it is, is always under construction. It is never perfect, we have never arrived, we will never arrive. It is just a becoming and becoming. And becoming, you know, part of like perfectionism and culture is and how it's come in through cultures, there is also this myth of arrival, not just this myth of the perfect but this, you know, once I get here, then the skies are going to open, and everything is wonderful. And I'm going to stay there forever, right? And if I can just be perfect enough, that's when it's gonna happen. And of course, that's a myth, as well, when we can get into this growth mindset, right? That it's we're always learning, we're always getting better. We're not We're not ever arriving. It can be so helpful. So anyway, even though nevertheless, supports moving out of the binary thinking, and that myth of arrival, all of that. And what it is it's complete the sentence exercise. where first you say so even though and then you say the thing that you are, that's not going well. So even though Penina I'll give an example from my own life, Penina is my teenage daughter. Even though Polina and I butt heads a lot? We really do. It's really freaking hard. Even though Nina and I butt heads a lot. Nevertheless, she shares and opens up with me, she calls on me when she needs me. So what did I just do in that sentence? I didn't pretend like the problem wasn't there. The moment we're like, oh, it's all good. Right? Like, then we're not back to creating awareness and then we're not honoring what is right. So that even though honors what is what is, is that we butt heads a lot, and it's hard and sometimes it's really painful, right? So it honors that but we don't end the sentence there. Nevertheless, we look for pulling out of like, well, since it's not the perfect then it's a failure. Right? What what comes after the nevertheless is we look for the thing that pulls it into the real life. Nevertheless, she does share with me and opens up with me sometimes and she calls on me when she's in need you Now the power of this exercise is to do it more than once. Usually you want to keep what's after that, even though the same thing, and then find a couple of different nevertheless, it says, Even though Nina and I butt heads a lot, nevertheless, she is slowly learning that we need to have some rules in the house, and that those things keep her safe, that they're good guardrails. Even though Polina and I butt heads a lot, and it's really hard. Nevertheless, I know that she is a confident young woman, and she's someone who isn't afraid to speak her mind. And that is awesome, right? So I like to do a good five 710 of these each with a different never the left, again to pull out of that myth of perfection, to pull out of that myth of arrival to pull out of the binary thinking and in to land in real life in that place between perfection and failure. may pause there, how does that land for you? What does that spark for you? What are you seeing in this exercise? That feels important?

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Yes, it's very simple, very, very simple. So, again, it takes us out of yet what Dave is saying it honors what is and Kelly it takes us out of the failure zone into really honoring what doesn't didn't work and what did work into that real life place. Yes, and it helps see the positives. So I have found that doing this exercise once is really helpful. And that doing this exercise every day for five days, ties into everything we looked at with rewiring last week. And so if this lands for you over the next five, I think it's I don't think it's seven I think is that over the next five days, you'll be getting an email every day, inviting you to do an even though nevertheless, so pick one situation that you want to work on this week, somewhere where you're applying perfection, or black and white thinking. And the invitation is every day do five 710 of these, share them in the Facebook group, too. So we can kind of be in it together. I'm gonna do it with all of you as well. And see how it goes and notice what doesn't shift or what does shift for you in it. Do not apply myth of perfection to this little five day challenge exercise. If you miss a day, don't give up right if you want to do it. If you don't want to do it, it's okay. But if you miss a day, don't decide that

this was a failure. Just hop back on right. And see how it goes. Let's see what's happening in the chat. Can I repeat some of the never the lessons? Yeah. So even though Polina and I butt heads and it's really painful. Nevertheless, she does share with me and opens up with me. And she calls she asks me when she needs something. Even though Nina and I butt heads and fight, and it's really hard. Nevertheless, she is actually starting to get which is miraculous that sometimes rules are actually a good thing. Even though Nina and I butted heads a lot and it's really hard nevertheless I see that one of the reasons why we butt heads is that she is strong and confident and I am so happy that she is strong and confident and can speak her mind to me

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Okay, Vlada saying it acknowledges both sides of a situation and leans towards focusing on the positive and then rewires exactly I honest as this reframing makes my whole body relax, so happy to hear it. Yes, it really. And remember what we looked at last week with rewiring don't just write the words feel the truth. have the words make it involve your heart involve your body don't just like do it as an exercise but feel it. He says the repetition of the issue starts to take its power away. Yes. Yes. 100% Yes, it will be interesting good. It will be truly good enough to miss a day Absolutely.

1:25:28

Okay

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i The other piece I just wanted to share, and I'll drop this now. And we'll look a little bit more at it next time. If anybody has questions, you can do a friend your fear process, but instead of dialoguing with the fear, you can dialogue, your client can dialogue with their inner perfectionist. So and it is also just like a very beautiful process that supports that even though Nevertheless, the higher wisdom is gonna come from the inner perfectionist, the more you hold space for it. It supports the clients in the way that the befriend your fear process does and being regulated with the even with the need to be perfect, it kind of pokes pokes holes in it. So that's, that's another tool that you can use when myth of perfection comes up. A couple of you. In the chat mentioned that sometimes he said I come up as the anti perfectionist, and route in round a share you were speaking to some of that too. And so I also just want to point that out is that oftentimes, the way that perfectionism can show up for us or for a client is in the exact opposite. In the slacker in the sloth, in the lazy one in the extreme mistake maker in the sloppy one. It's almost it's like that same kind of back and forth thing that I was talking about before. So you can use any of the tools right mix and match tools that we're learning, you can use any of the tools to to work with those, maybe create awareness around your clients slack or your clients mistake maker, and then do a version of the rewiring visualization with it or a version of the friend your fear or just ask questions, right. But you can kind of look at it that way too. But I just wanted to make sure I mentioned that that sometimes perfectionism can show up as the exact opposite. All right, I know there was a lot to take in today. And you're gonna be chewing on this and you know, all of that if you're working with a practice partner, the invitation is to pick one of the tools that we looked at today. And work with that in your session. Go deeper with the what's come through today. And I hope you're gonna do the challenge. I'm going to do it with you. So before we wrap up, I'd love to hear from some of you What are you taking away from our call today? And any questions that you have? What are you taking away? Oh, Barbara, you either you don't you either do it or don't like I'll you'll start getting the emails starting tomorrow, I believe and hopefully you'll take me up on the invitation to do that. Even though nevertheless is AJ saying I tend to hold others to a higher expectation than I hold myself. My mess could never be perfect. Yeah. Good. Janay is taking compassion and love. Good. So glad. Sophie is taking away that you can do this course imperfectly. That's right. That's right. Clarity and kindness Alta Yeah. I Jada's feeling a desire to perfectly stop being a perfectionist. Awesome. Well, I will see you all over the week. And if there's anything that you need, let me know. Talk to you soon.