



# Sacred Depths Certification

## The Myth of Perfection Self-Quiz

1. Which of the following is possible when perfectionism is unchecked?
  - a. You may get caught up – or even obsessed – in fixing unnecessary details
  - b. It can rob you of your confidence.
  - c. It can cause you to even stop showing up or take yourself out of the game
  - d. It can stop you from getting things done or slows you down.
  - e. It can activate you to self-judge and say harsh things to yourself.
  - f. All of the above

2. When you are in the myth of perfection, you go back and forth between what two realities?

3. Why is the myth of perfectionism so dangerous?

*1) F. All of the above. 2) Perfection and failure. This is black and white thinking. 3) Perfection is not a human option. It is reserved for the gods/higher beings/Spirit. No human being can have this power.*

4. When working a client on the Myth of Perfectionism, one tool you can use is to \_\_\_\_\_ around the myth or the binary thinking.

5. What is the opposite of a perfectionist mindset?

6. T/F: If you work hard enough and are extremely diligent things CAN get close to perfection?

7. How might Shadow Archetypes show up for a client dealing with perfectionism?

4) Create Awareness 5) A growth mindset. The road to success is always under construction. 6) False 7) In a HYPO-perfectionist state as the Sloth or Lazy One, the Mistake Maker, or the Sloppy One. In a HYPER-perfectionist state client is hyper focused on crossing every 't' and dotting every 'i'.