



Progress, Not Perfection

We can be perfectionistic in different areas of our lives....

- ◆ Achievements (self or others)
- ◆ Relationships (no problems)
- ◆ Physical attributes/looks (self or others)
- ◆ Emotions (not show anything negative)
- ◆ Romance (fantasy)
- ◆ Intellect (should know everything)
- ◆ Choices (never make a mistake)

Perfectionism manifests in your own life toward yourself by the following....

- ◆ A fear of failure.
- ◆ A fear of making mistakes.
- ◆ Feeling shame when you make mistakes.
- ◆ Extreme self-criticism.
- ◆ Not ever feeling good enough.
- ◆ Pursuit of self-worth through achievements.
- ◆ Feeling you have to achieve in order to be loved by God and others.

Perfectionism manifests itself in relationships by....

- ◆ Discontentment with other people
- ◆ Hypercriticism
- ◆ Shaming their mistakes
- ◆ A push for others to achieve
- ◆ Conditional love and acceptance

When you fail or fall short of your expectations, do you....

- ◆ Beat yourself up in your mind with negative self-talk.
- ◆ Punish yourself in other ways.
- ◆ Just try harder next time.
- ◆ Put yourself down in front of other people.
- ◆ Feel embarrassed, guilty, or ashamed
- ◆ Figure out how not to let it happen again by replaying the mistake and trying to figure out how it happened this time.
- ◆ Fear the response of other people when they find out.
- ◆ Wonder what others will think of you.
- ◆ Try to hide your error.
- ◆ Blame it on someone else.

When others fall short of your expectations, do you....

- ◆ Beat them up in your mind.
- ◆ Punish them.
- ◆ Put them down in front of others.
- ◆ Feel embarrassed or ashamed of them as if it were a reflection of you.
- ◆ Help them figure out how not to let it happen again.
- ◆ Fear the response of other people
- ◆ Wonder what people will think of you or them
- ◆ Try to cover up their error
- ◆ Blame it on yourself, them, or someone else.

Perfectionism's root is pride. Pride in myself by the belief that I am good enough to not make mistakes. Pride in wanting others to think well of me.

Perfectionists....

- ◆ Have trouble with acceptance and detachment because they expect too much from themselves and others.
- ◆ Make big deals of little deals.
- ◆ Don't try for fear of failure.
- ◆ Guard themselves emotionally and have trouble being vulnerable, real, and spontaneous with people
- ◆ Are easily disillusioned and disappointed
- ◆ Have trouble trusting God

How can you overcome perfectionism? Practice "Progress, not perfection."

- ◆ Recognize your sin nature is still at work within you (Romans 7:18-20).
- ◆ Let doing your best be good enough (Colossians 3:23).
- ◆ Be willing to be vulnerable and transparent with others and allow others to see your weaknesses (Galatians 5:16).
- ◆ Identify the areas that your self-image needs to be perfect in. Adjust your expectations (Proverbs 16:18).
- ◆ Accept that you won't please everyone, especially the unpleasables.
- ◆ Practice acceptance and surrender.
- ◆ Surrender your reputation to God.
- ◆ Practice acceptance of others (Romans 15:7)
- ◆ Give yourself and others credit for progress and accept that there will be times you don't do well (Romans 15:1).
- ◆ Practice unconditional love of yourself and others (Matthew 2:38).
- ◆ Watch your self-talk.
- ◆ Remember the slogans: "How important is it," "Give it a light touch," and "Progress not perfection."
- ◆ Look at your mistakes as "missed takes" and an opportunity for growth.
- ◆ Make amends if you need to.
- ◆ Make your focus on pleasing God not men. If it is good enough for God, who are you to say it's not? (Galatians 1:10, 2 Corinthians 5:9)