



Perfect? How to avoid being a slave
of your own ideals

Why 'perfect' isn't always perfect –
what is perfectionism?



Why 'perfect' isn't always perfect – what is perfectionism?

“Perfectionism isn't a behaviour; it's a way of thinking about yourself” (Andrew Hills)



Why 'perfect' isn't always perfect – what is perfectionism?

“Perfectionism is not self-improvement. Perfectionism is, at it’s core, about trying to earn approval. Most ‘perfectionists’ grew up being praised for achievement and performance... Somewhere along the way, they adopted this dangerous and debilitating belief system: ‘I am what I accomplish and how well I accomplish it. Please. Perform. Perfect.’” (Dr Brene Brown)



Why 'perfect' isn't always perfect – what is perfectionism?

- Self oriented perfectionism (*achievement*)
- Other oriented perfectionism (*control*)
- Socially oriented perfectism (*acceptance*)



“You look perfect?” -

Signs of ‘perfectionism’

- Critical self-evaluation and negative self-talk
- Unrealistic expectations of self and of others
- A desire to appear flawless and an inability to admit mistakes
- Finding it hard to enjoy achievements and needing to move on quickly to the next challenge
- Fear of disappointing or failing others
- Holding on to the goal of perfection as their ‘security’



Why am I like this?

Factors that feed 'perfectionism'

- Genetic
- Childhood experiences
- Distorted Christian faith and practice
- Spiritual factors (pride, lack of trust, spiritual attack)



Need perfection for a perfect God?

- God and perfectionism



Pushback: How to fight 'perfectionism'

Practical

- Break impossible goals into small achievable ones
- Cultivate healthy grace-based relationships
- Recognise negative thinking patterns
- Practice shame resilience



Pushback:

How to fight 'perfectionism'

Spiritual

- Check out your heart images of God
- Use Scripture to pushback against the voice of evil
- Nurture true identity in Christ
- Receive healing prayer for past wounds



Pushback:

How to fight 'perfectionism'

Biblical (Phil 4)

- Keep the main thing the main thing (2-3)
- Find your joy in God not in yourself (4)
- Excel in gentleness to others (5)
- Trust God with your weaknesses and the weaknesses of others by praying rather than worrying and needing to control (6-7)
- Practice good mental hygiene – 8-9







