

## Overcome Perfectionism – Part 1 - WORKSHOP

### A. Overcome Perfectionism.

1. Matt 5:48 (AMPC) You, therefore, must be perfect [growing into complete maturity of godliness in mind and character, having reached the proper height of virtue and integrity], as your heavenly Father is perfect.
2. Reminder that “perfect” means being mature like when fruit mature and is ready. It does not mean unhealthy perfectionism, which is not a godly character.
3. Unhealthy perfectionism can make it difficult to achieve your goals. It can also lead to:
  - a. Worry
  - b. Anxiety
  - c. Panic
  - d. Extreme stress
  - e. Procrastination
  - f. Depression
  - g. Narcissism
  - h. Low self-esteem
  - i. Unworthiness
  - j. Isolation
  - k. Pushing others away
  - l. Overly detailed
  - m. Overly critical and rigid
  - n. Failed expectations of others because of unmet unrealistically high standards
  - o. A fear of judgment or disapproval from others
  - p. Obsessive compulsions
  - q. Defensiveness when faced with correction or constructive criticism
  - r. Feelings of inadequacy
  - s. Has a need for control, connects self-worth to achievements
  - t. Slower performance
  - u. Achieves less and stresses out more
  - v. Fear of failure
  - w. There are many other negative outcomes

4. You are NOT a failure.
  - a. Like Thomas Edison, failures are ways to learn what does not work and pray to discover what does work.
  - b. A godly good dad should also learn to deal with perfectionism in himself, in his family, co-workers, staff, or employees.
    - This information was extracted from an online psychology article: [Verywellmind.com/signs-you-may-be-a-perfectionist](https://www.verywellmind.com/signs-you-may-be-a-perfectionist).
5. Gal 5:22 But the Spirit produces love, joy, peace, patience, kindness, goodness, faithfulness, 23 humility, and self-control.
6. A Scriptural Remedy to Perfect Godly Character:
  - a. 2 Cor 10:5 (GNT) We pull down every proud obstacle that is raised against the knowledge of God; we take every thought captive and make it obey Christ.
  - b. **Affirm: In the Name of Jesus, I have the mind of Christ; and what is not in the mind of Christ, I choose not to dwell on those thoughts. Therefore, I will not dwell on perfectionism.**