

## Dealing with Imperfection

- control
- belonging / connection
- perfection helps avoid rejection
- true authentic self is found in imperfection
- perfection is based on shame and low self esteem
- solutions, I'm not alone
- solutions, find myself in the core
- let go of control (solution)
- it is so much easier to let go
- Higher Power forgives you -- can you forgive yourself
- can you stop judging yourself
- if I'm not perfect, I'll be rejected
- judging vs awareness
- get more positive attention by being perfect
- feel the most happy, when vulnerable and imperfect
- authentic and inauthentic is on a spectrum
- people who win get all the attention
- avoid my feelings at all cost
- humiliation vs humility (by choice)
- society's checklist (married, kids, house, career)
- seeking negative attention
- became perfect and it wasn't enough

### Discussion Summary

Perfection is an illusion. It's about not being able to let go of control and hand your life over to your higher power. Solution: deepen our relationship with our higher power

An effective antidote to perfection is to engage in the fellowship, go to meetings, give service within the fellowship & outside of the fellowship. Volunteer at a drop-in centre or soup kitchen, for example.

Perfection is based on shame, isolation and low self-esteem.