

Title:

Addiction to Perfection

Word Count:

732

Summary:

The following email was sent to me by Karen, a member of our website:

^For no obvious reason this morning, I was feeling anxious and depressed. I looked at it and r

Keywords:

perfection, obsessive behavior

Article Body:

The following email was sent to me by Karen, a member of our website:

^For no obvious reason this morning, I was feeling anxious and depressed. I looked at it and r

^Lately, procrastination is somehow wrapped up in this conundrum too. Maybe I don't even try t

Needing to be perfect is a form of control. The wounded, critical part of us believes that, ^I

In addition, having to be perfect in order to gain approval often leads to procrastination. Th

Karen states that, ^There must be another way!~ There is, indeed, another way - a much better

When you decide to define your own worth instead of handing that crucial responsibility to oth

In addition, we need to shift from defining our worth based on external qualities to our worth

When you open to learning with a higher authority about your true, intrinsic worth, and embrac

When you know your worth as intrinsic rather than based on your performance, life becomes so m

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