

# 1

## The Perfectionist

*"There's a right way; let me show you how."*

### Basic Proposition

**True Nature:** Ones are drawn to the basic goodness of life. They can see the perfection of life unfolding, even in times of trouble.

**Great Loss:** Young Ones felt separated from the goodness of life, even while sensing it in the wider world.

**Core Belief:** As a result, Ones came to believe there was something inherently wrong with them, that they could not trust themselves to be good.

### Personality

Ones believe they must be right and good to be worthy. They are conscientious, responsible, improvement-oriented and self-controlled. They can also be critical, resentful and judgmental – most of all to themselves. They have high expectations for themselves and others.

#### Where the One's energy/attention goes (Passion):

- What is right and what is wrong; what needs to be improved
- Internal standards and external criticism
- Constant self-monitoring
- Away from pleasure

#### Healthy Traits of the One (Gifts):

- Principled
- Mission-oriented; serving a higher purpose
- Ability to be objective
- Both the ends and the means are important
- Wise and accepting

#### Average Traits of the One:

- Feeling personally responsible to make things right
- Seeing life as serious and weighty
- Having and often voicing opinions about how things should be done

- Quick to judge
- Self-controlled; resisting inner impulses

#### **Unhealthy Traits of the One (Red Flags):**

- Closed to compromise
- Brutally critical
- Constantly resentful

## **Stress and Coping**

#### **What causes the One Stress**

- Not meeting personal standards
- Things being done in the wrong way
- Rules being ignored
- Being wrong; being criticized
- Too many things to improve

#### **Coping Methods**

- Turning tasks into a mission for improvement
- Pointing out areas that need improvement

#### **Practices for Transformation for the One**

- Pay attention to your body's physical needs. Are you hungry? Tired?
- Pay attention to your self-talk. When you catch yourself saying "I should," instead ask "what do I want?"
- Practice seeing errors, mistakes and imperfections as differences.
- Treat yourself with compassion.
- Develop a gratitude practice, for example, start each day by listing 5 things you are grateful for.
- Make a list of pleasurable activities that allow you to turn off the critical mind. Do at least one a day.
- Questions for daily reflection: How did I do today about accepting mistakes and errors? How did it feel? What did I see today that was right? When was I compassionate to myself today? When did I get caught up in resentment?
- Develop a mindfulness practice to build awareness of your mind, body and heart as they are in the moment.