

PERFECTIONISM

"I'm always trying harder to look good enough"

IS NOT:

- conscientiousness
- becoming more like Christ
- a commitment to excellence

IS:

- the demand for flawless performance at all times
- straining to be ideal
- relentless criticism of self and others

Ask yourself: "Am I obsessed with getting certain results?"

Perfection whispers: "That's not good enough! Try harder!"

Personality* most prone to Perfectionism: the Analytic

Tiny Acts of Rebellion against the Perfectionism bully:

1. I will thank someone for doing something I don't want to do, so I'll get in the habit of noticing and appreciating others' gifts.
2. I will take a class in something I've always wanted to try, but probably wouldn't be good at, (art, writing, pottery).
3. I'll create a sign that says "Mistakes are good. Struggle makes you smarter." and put it somewhere I'll see it often.

PEOPLE - PLEASING

"I'm always trying harder to seem nice enough."

IS NOT:

- love
- care
- service

IS:

- feeling trapped by others' needs
- basing self-worth on others' reactions
- avoiding conflict and keeping silent about one's own needs, wants, and opinions

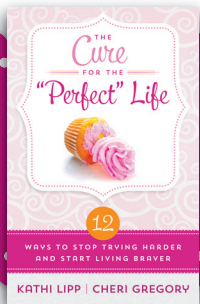
Ask yourself: "Am I obsessed with getting certain reactions?"

People-Pleasing whispers: "They don't look happy yet! Try harder!"

Personality* most prone to People-Pleasing: the Expressive

Tiny Acts of Rebellion against the People-Pleasing bully:

1. I will practice saying "no" in a polite, pleasant tone of voice until it becomes comfortable and natural.
2. I will resist the urge to "smooth over" an argument between my kids.
3. I will tell my friend where I'd like to meet for lunch instead of saying, "Wherever you want to go is fine with me."



* Take the "What's Your Rebel Type?" online assessment at <http://www.thecurefortheperfectlife.com/rebel-quiz.php>

The 4 P-Bullies at-a-Glance

PERFORMANCISM

"I'm always trying harder to be seen doing enough."

IS NOT:

- a strong work ethic
- mastery of a skill
- using the talents God has given

IS:

- an insatiable craving for achievement
- escape from the truth of our lives
- an obsessive need to stay busy

Ask Yourself: "Am I focusing so much on this project that I'm neglecting key people in my life?"

Performancism whispers: "Keep working. There's lots more to do!"

Personality* most prone to Performancism: the Driver

Tiny Acts of Rebellion against the Performancism bully:

1. I will get a timer specifically for timing "enough."
2. I will multi-task with tasks but not people.
3. I will post a sign that says, "The process is the point!" on my mirror.

PROCRASTINATION

"I know I'm not enough, so why try?"

IS NOT:

- reflective thinking
- ignorance
- steady, methodical progress

IS:

- avoidance of pain
- refusal to risk
- motivation by fear (rather than love)

Ask yourself: "Am I so worried about the end product that I'm neglecting the process?"

Procrastination whispers: "Of course you'll do this; just not today!"

Personality* most prone to Procrastination: the Amiable

Tiny Acts of Rebellion against the Procrastination bully:

1. I will take care of my future self by not waiting until the last minute.
2. I will block off time on my calendar early and often for big projects.
3. I will ask someone for help when I'm falling behind in a project.