



**Perfectly Dreadful:  
Recognizing and Overcoming Perfectionism**

CCEF National Conference 2012

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Planned outcome: Participants will more clearly recognize the features of perfectionism in themselves and others, understand what lies at the heart of perfectionism, and leave with practical, biblical steps for overcoming perfectionism.

- Introduction
  
- Identifying Perfectionism in Yourself and Others
  - Who comes to mind when you think of a perfectionist?
  
  - The many faces of perfectionism
    - The Successful Perfectionist
  
    - The Unsuccessful Perfectionist
  
    - The Procrastinator
  
    - The Controller

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- The Pleaser

- The Tortured Decision Maker

- The Heart of Perfectionism
  - Perfectionism involves *misplaced security*.

- Standards over standing

- Performance over position

- Rules over relationship

- Ultimately perfectionism is about expecting to find in *yourself* what you can only find in *Another*, the Lord Jesus Christ.

- Perfectionism involves *mistaken timing*—wanting glory before its time.

- Perfectionism involves a *malformed view* of God and self.



- Overcoming Perfectionism
  - Why is it so hard?
  - The way out
    - Live into the reality that you are united to the Perfect One.
    - Embrace weakness.
      - “Reactively” in the midst of failure
      - “Proactively”
    - Make faithfulness, not perfection, your aim.