

Facing the Truth

Today on Dr. Phil, the topic was Perfectionists. He had several people on the show who are perfectionists, like myself, only they were a bit more extreme in their perfectionism than I am in mine. However, we both seem to be facing the same consequences by our obsessive desire for perfection.

I have began manifesting my stress and fears through physical "dis-ease," like Irritable Bowel Syndrome, alopecia, and I could go down the list of illnesses that I've been suffering through over the years because of my mismanagement of my energy and actions.

Today, however, has been a pivotal day for me as far as my understanding of the results I've achieved from the actions I've taken in the past. I am now faced with choosing which path I take for my future. Do I want the path that has led me to this point, this day, these results? How much longer am I going to continue to complain about not getting the results that I want and keep making the same unconscious, and sometimes conscious decisions that are directly affecting my experiences in life?

Intellectually, of course, I understand the things that are keeping me from being where I want to be. Emotionally, I'm beginning to have a greater grasp of the profound understanding of the intricate emotional being I am. Physically, my body both suffers and endures with resolve in knowing that my mind and spirit are on the right track and we'll eventually get where all three parts of my being want to be. My greatest challenge to face in the coming year(s) will be to align my mind, body, and spirit so that I can truly exist as the great person I know that I can be. So how can I intellectually describe for you insight into the three parts my existence and still worry about petty things that I shouldn't? In one word, perfectionism.

Because I have always had an innate feeling that my life was going to be used as an example, I have always strived to be better, push harder, go further, meet more people. No limits! Rarely keeping my true Self in perspective when making these decisions. The first twenty-five years of my life have been about searching for answers, experiencing the next greatest experience, understanding more about who I am and trying to grasp an understanding of humanity, whom I feel my life's purpose is to serve and help.

In the mind of a perfectionist lies constant thoughts of what others might be thinking, feeling, saying about any and everything that you do. You fear rejection for things you consider flaws. Even though you realize that other people don't worry about those things, because you strive to be better than the everyday person, you know if you want to distinguish yourself from those people, you should be constantly conscious of them. And perfectionists make a habit of these rituals, whether it's perpetual cleaning and organizing or constant worrying about and fearing the worst possible outcome of any given situation.

I would say that most perfectionists are very intellectual beings. There are always exceptions to every rule, but intellect tends to develop because the mind of a perfectionist is always running, questioning how to be better, how to push further, how to not make any mistakes so that you are not categorized in a group of people you want to distinguish yourself from. It isn't really a feeling of arrogance, although most perfectionists are vain but generally humble people; it's more of an inner desire to express yourself and ensure that others view you as this flawless creature that you've always felt you needed to be, even though in your own mind you would never be able to reach that opinion of yourself.

Being a perfectionist doesn't necessarily mean obsessing over looking perfect or things of a physical nature, although those are things most perfectionists strive for, too. I generally obsess over finances and relationships. Those are the two key areas that create stress and "dis-ease" in my life. I constantly remind myself that I myself have created these situations that I face, but refuse to look at the answer that is staring me in the face. The Conversations with God series says "what we resist persists. What we truly look at disappears." With the help of Astrology and my good friends, I'm beginning to truly embrace and bless every part of my Self and work on being a better spirit and inspiration to those I meet and befriend.

Letting go of old belief systems and redefining who you are and what you believe in is never an easy process. We are constantly growing, shedding old shells (beliefs) as new ones grow. Whether we shed our shells like snakes or take longer like sea crustaceans, the process is only as hard as we experience it to be. Choosing to see everything in life, even the worst of experiences, as blessings helps to create faith that everything is happening for a reason (which I firmly believe it is). When it no longer serves our growth to not know something, we will know it. I have experienced this to be truth, and so will anyone who looks at their life from a panoramic view.