

Perfectionism

April 10

Perfectionism strives for flawlessness. It sets unreasonably high standards. It demands hypercritical self-evaluation and unrealistic and unfavorable comparisons with others.

In recovery, we come to realize that the quest for perfectionism (“I,” “She,” “Me,”) is a self-induced setup for failure. This perfectionistic state is often associated with depression, addictions, and other mental health manifestations.

Imagine someone who believes they can never measure up. Then imagine that they are in a hamster wheel that rolls over and over as they try to get to perfection. It is easy to see they never will because they are going nowhere. As long as we run in the hamster wheel of perfection it will never satisfy us, nor will we ever measure up. We have to stop running and realize that perfection is a myth.

Recovery gives us permission to accept that we are imperfectly all right where we are and we’re always enough. The easier, softer way to recover is to embrace the place that we are, just for today. As we become assured through working The Steps that we are not walking alone and that we are loved just the way we are, the myth of perfection takes a much-needed back seat on our journey. Perfection no longer controls our thinking.

We trust this space and time as being enough because, at this moment, there is no other truth. Our Higher Power is perfect and all-knowing. As we come to terms with our imperfections, we release delusions and don’t struggle. We come to believe that we are all we need to be.

TODAY’S MEDITATION

What a relief that by Letting Go and Letting God, I reclaim my balance and accept that God has me right where He wants me, just for today.

*“Always live up to your standards—by lowering them, if necessary.”
—Mignon McLaughlin*