



Journaling & Graphotherapy

Write now with Aditi Surana
Free Anti Anxiety Journaling Workshop

DAY 13



Hello journal-ists,

Big welcome to the newbies and 'What's up' to the pro journal-ists! You all are getting a hang of the process. You are moving your hand, pen and breath in coordination. Now you may want to move to the next level. You may feel tempted to tweek the stroke, alter it a bit, add or subtract something from it. I relate to your temptation but with all due respect - DO NOT DO THAT! Stick to the instructions. It has taken many years of experiments and testing of variations before designing this exact method

.Let's talk about today's topic of imperfection. But before we go there, let's explore perfection and perfectionism a bit! I feel amused when I look at the term 'perfectionism'. Though I understand it's meaning - pursuit of excellence. However, I still wonder what 'perfect' truly means. If mere concepts of right or wrong can be subjective, then what do people imply when they claim to be perfectionists. In our coaching sessions, when I tell people that they are perfectionists, most often then not they take it as a compliment before I shatter their illusion. Perfectionism leads to fear of the slightest possibility of making mistakes. Perfect means no room for improvement, immense control, no scope for experimenting and more importantly being captive to old references. On the other hand, the pursuit of excellence as an idea is none of that. It demands precision but it is a process and not a final or conclusive state.

We all have been unkind to our own selves as we failed to fit someone else's idea of perfect. We have judged, labeled, criticised or even humiliated ourselves in private, if not in public for our imperfections. Conforming to norms works like an insurance policy. Like insurance, you keep paying your dues diligently without receiving any real benefit for the most part of it, but you keep doing it as it brings some assurance about the unknown, uncertain future ahead. As brene brown says, 'Choose discomfort over resentment'. Don't say 'Yes' when you mean 'NO' & please don't deny yourself the freedom to express yourself by saying 'No' when you really wish to scream 'yesss'. When you do that, you will be seen as an imperfect person.



So here is today's question - **'What all imperfections are you trying to push under the carpet right now?'** Think of as many categories as possible. Body, house, money, family, background, social status. Write anything and everything that you try to hide and you believe it's imperfect.

