

# 'Get A Grip on Perfectionism'

## Get A Grip—Part 1

April 29, 2007—10 AM Dr. Bradley T. Trask

Galatians 3:3; 5:3 Page 1812

**Definition:** Perfectionism is the measuring of one's worth on the basis of a flawless performance.

### I. THE P\_\_\_\_\_ OF PERFECTIONISM

The perfectionist...

- Believes they must be perfect to be w\_\_\_\_\_
- Overreacts to f\_\_\_\_\_ and m\_\_\_\_\_
- Suffers from a\_\_\_\_\_ or n\_\_\_\_\_ thinking
- Functions in 'S\_\_\_\_\_ -S\_\_\_\_\_ Syndrome'
- O\_\_\_\_\_ and is u\_\_\_\_\_ to relax
- Has an i\_\_\_\_\_ need to always be in c\_\_\_\_\_ of themselves and others
- Is highly s\_\_\_\_\_ -c\_\_\_\_\_
- Aims their a\_\_\_\_\_ toward the future
- Procrastinates because of f\_\_\_\_\_ of failure
- Often battles d\_\_\_\_\_ stemming from their unrealistic guilt and negative self-concept
- Obsesses @ 3 issues: d\_\_\_\_\_, t\_\_\_\_\_, m\_\_\_\_\_
- Has a tremendous fear of c\_\_\_\_\_, rejection and d\_\_\_\_\_



### II. The P\_\_\_\_\_ of PERFECTIONISM

- Perfectionism p\_\_\_\_\_ your p\_\_\_\_\_
- Perfectionism r\_\_\_\_\_ your r\_\_\_\_\_
- Perfectionism h\_\_\_\_\_ your h\_\_\_\_\_

### III. The P\_\_\_\_\_ into PERFECTIONISM

- Are you an i\_\_\_\_\_ or a r\_\_\_\_\_?  
⇒ John 16:12
- Are you committed to p\_\_\_\_\_ or p\_\_\_\_\_?  
⇒ Exodus 23:29,30
- Are you trying to be y\_\_\_\_\_ best or t\_\_\_\_\_ best?  
⇒ 1 Cor. 15:10
- Do you feel as though f\_\_\_\_\_ is always f\_\_\_\_\_?  
⇒ Philippians 3:13,14

### IV. The P\_\_\_\_\_ on PERFECTIONISM

- A\_\_\_\_\_ the grace of God  
(John 3:17)
- G\_\_\_\_\_ in the grace of God  
(2 Peter 3:18, Psalm 103:13,14)
- S\_\_\_\_\_ in the grace of God  
(Colossians 4:6)

### V. The P\_\_\_\_\_ for PERFECTIONISM (2 Samuel 9:3,7, Ephesians 4:32)