

Perfectionism & Timeline Pressure

Control, Surrender & Resistance

Step-Working Guide · The Recovery Files

In this workbook

1. **Perfectionism & Timeline Pressure** — key ideas, worksheet

Each topic's scored self-assessment and mind map are in the app.

TOPIC

Perfectionism & Timeline Pressure

KEY IDEAS

Perfectionism & Timeline Pressure

The Trap of 'Doing Recovery Right'

This module addresses the self-judgment about the pace and completeness of spiritual development. It's not just wanting to do well; it's a pattern of unrealistic expectations, shame about natural process, and pressure to perform spirituality rather than experience it.

Readiness Performance Standards

Grading Your Growth

We may believe we 'should' be further along, judging ourselves for not being completely ready after previous steps. This transforms spiritual development from a grace-based process into a performance-based achievement, generating shame.

Comparison & Competition

The Thief of Joy

Measuring our spiritual progress against others leads to feelings of deficiency or superiority. We judge our internal reality against others' external appearance, using their apparent progress as evidence of our own failure.

Shame & Self-Criticism

The Cycle of Resistance

Harsh judgment about normal ambivalence creates spirals of emotional pain. Criticizing ourselves for having resistance actually reduces our authentic willingness. We feel guilty for not being 'ready enough.'

Timeline Pressure

Rushing the River

We feel pressure to match program timelines or others' expectations. We worry that we're 'behind.' This subordinates divine timing to human schedules, ignoring the natural seasons of growth.

Perfect Willingness Demands

All or Nothing

We may believe only complete, unwavering readiness is valid. We reject partial willingness as 'doing it wrong.' This prevents engagement with the natural, gradual unfolding of surrender.

Self-Compassion

The Antidote

The path forward is treating ourselves with kindness during the process. It's viewing spiritual development as a gift of grace, not a test of worth. It's embracing imperfect progress and trusting divine timing.

WORKSHEET

Perfectionism & Timeline Mapping

MAP

Mapping Your Pressures**Readiness Standards**

Example: "I judge myself for still resisting after working steps..."

Comparison & Competition

Example: "I feel inadequate when others sound more advanced..."

Shame Cycles

Example: "I feel ashamed about being ashamed..."

Timeline Pressure

Example: "I feel I must be ready by next month..."

ACTION

Self-Compassion Plan

Target Perfectionism Pattern:

Impact on Spiritual Growth:

Goal for Self-Compassion:

Action Steps:

SYSTEM

Process Management

Daily Self-Compassion:

Process Focus:

Comparison Detox:

Accountability: