

THE WHITE PERFECTIONIST

Living in the Now

Lesson Three

THE SECOND LAYER

YOUR THOUGHTS – SELF JUSTIFICATIONS

WELCOME BACK TO THE SECOND LAYER OF YOUR MAP - YOUR THOUGHTS

Welcome back. You are now ready to take a dive into the second layer of your map which details your thoughts. If you look at your map you will notice that the second layer has two 'sub-layers.' That is because each layer is concerned with a slightly different type of thought. The outermost layer is concerned with your self-justifications and the inner most layer is concerned with your self-judgements. This lesson is concerned with your self-justifications and the next lesson will deal with your self-judgements.

Your self-Justifications are actually a set of beliefs you have about the best ways to navigate through life. We call them self-justifications because they are the ways that you tend to justify and explain your ways of acting and thinking. These beliefs formed long ago to help you navigate a world that was complex and often overwhelming. They helped you get by, helped you decide how to act, and generally supported you in getting your needs met. Each personality type has its very own set of beliefs that support the basic personality type itself.

As an White Perfectionist, at some point during your childhood you will have formed your CORE belief that the only way to get your deepest needs met was to become the perfect little girl or boy. To support and build on this core belief you developed a set of supporting beliefs. These supporting beliefs form the themes for every core idea that you have about yourself, and deeply influence and sustain your personality structure.

The intention of these beliefs was to ensure you survived, but if you pay really close attention you may detect that these beliefs are often narrow and inflexible systems that are inaccurate and limit your perception of who you are and how you lead your life.

If you pay even closer attention you will notice that these beliefs are limiting your capacity to stay in the present moment because they often mean that you focus your attention on matters in the external world rather than on your inner world, which is where the present moment is to be found.

So let's take a look at some of your core beliefs as an White Perfectionist.

THE SECOND LAYER

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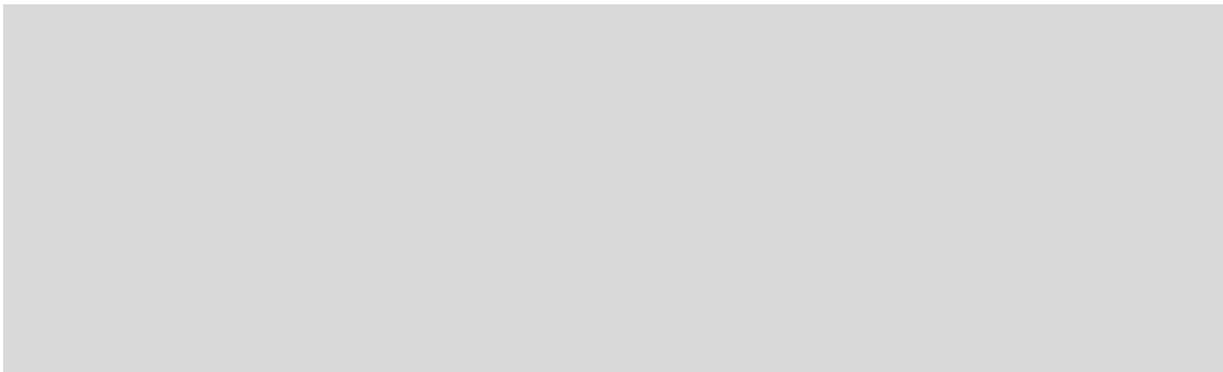
Below is a list of the beliefs that appear on your map as an White Perfectionist. It is important to say at this point that this list is not by any means exhaustive nor is it meant to be an exact representation of your beliefs. Rather it is intended to be **a starting point for you to consider your own versions of these beliefs.**

Take a look over the list below and consider which of them seem familiar to you and jot down how yours might be slightly different.

As an White Perfectionist you believe that:

- I must strive to achieve high standards to avoid feeling I have failed.
- If I say something inappropriate I will be ashamed.
- I am flawed and therefore often wrong.
- I like to be seen as fair.
- If I do something perfectly I can't be at fault.
- The world should be improved.
- Achieving perfection should be hard work, it's rare.
- If everyone did what is right then everything would flow more smoothly.

My version of these beliefs are...



EXERCISE

Congratulations, you are now ready to begin your second exercise.

- Give yourself some quiet time, have your map open in front of you and bring yourself into a state of mindful awareness with a few deep breaths.
- Choose one belief from the second layer of the map (or your version of it from the previous exercise) that you recognise well.
- Using the belief you have chosen, 'answer' the three inquiry questions below.
- For one, or even two of the questions you may get the answer "It doesn't." That is fine, move on to the next question
- Avoid rushing through these questions with your thinking mind. Mindful Awareness is needed here.
 - **How does this belief create distraction and busyness? (meaning I lose contact with the feelings and immediacy of my body)**
 - **How does this belief create over thinking? (meaning my mind is cluttered and full)**
 - **How does this belief create avoidance and withdrawal? (meaning I feel closed off and unavailable.)**

Remember, anytime your mind is not clear, your heart is not open and your body is not grounded, you are avoiding or fleeing the present moment.

You may not always find this inquiry easy because your beliefs have become so normalised. Simply remain with your mindful awareness and notice whatever arises into the space of inquiry. It is important that you stay open and curious and not judge what arises. If what you are noticing is resistance to doing the exercise, simply bring mindful awareness to the resistance and unconditionally pay it the same quality of attention as you would a crying baby...nothing to do, simply hold the space.

Spend a week or two doing this exercise **choosing a different belief each time**. Choose traits that you have noticed popping up in your day. When you choose beliefs that you notice in your everyday life you are learning to catch yourself in the act of fleeing or avoiding the present moment. The more you do this the faster your awareness grows, the more spontaneous and authentic you become, the more you develop a growing connection to the present moment.

Listen to the guided meditation called 'Your Thoughts'. It will support you with this inquiry.