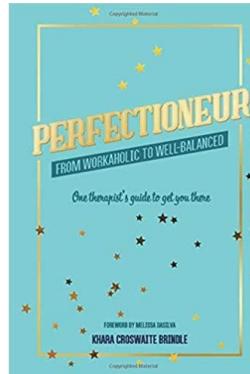


CHRIS SWENSON'S MASTER NOTES

Practice Success in Less Time and with Less Money

PERFECTIONEUR

From Workaholic to Well-Balanced



BY KHARA CROSWAITE BRINDLE

INDEPENDENTLY PUBLISHED © 2020 92 PAGES

“This book is a journey about recognizing and embracing your Perfectioneur identity. Sitting with it. Getting to know it. Accepting its strengths. Learning how to overcome its unhealthy edges to embrace recovery, healing, and health. Are you ready to jump in and achieve your work-life balance to be one step closer to fulfillment? Join me as we rewrite our self-worth story. It can be better than we’ve ever imagined.” – Khara Croswaite Brindle from *PERFECTIONEUR*

BOOK DESCRIPTION (from Amazon)

Glorifying gold stars is overrated! Dare I say dangerous? As a Perfectioneur (Perfectionist Entrepreneur) I was running myself into the ground for success. I needed someone who could look me in the eye and say I was on the fast track to burnout and collapse. As a therapist, I taught people about self-care and balance daily yet I was unable to do it for myself. In a journey filled with anxiety, stubbornness, and roadblocks, I eventually surrounded myself with kick-ass entrepreneurs and figured out a way to embrace work-life balance and my own identity as a driven Perfectioneur. This guide is intended to help others on their own journeys. To the workaholics, ‘Type As,’ entrepreneurs, hustlers, Enneagram ‘3s,’ and Millennials chasing purpose, welcome to your best self!

NOTE INTRODUCTION

Short read but so very impactful! The book is filled with great questions to help guide you with your perfection battle. I would recommend getting a journal to help sort through all those great questions!

CHRIS SWENSON'S MASTER NOTES

Practice Success in Less Time and with Less Money

Get your copy of the book here, [PERFECTIONEUR!](#)

Let's dive right in and discuss some great takeaways from this excellent book!

WHAT IS A PERFECTIONEUR?

"Perfectioneurs are Perfectionist Entrepreneurs. Perfectioneurs have the drive of other entrepreneurs, with a big helping of perfectionism, a generous scoop of self-criticism, a cup of imposter syndrome, and a dash of poor boundaries." – Khara Croswaite Brindle from *PERFECTIONEUR*

Are you an entrepreneur with a drive?

Do you have a big helping of perfectionism?

A generous scoop of self-criticism?

A cup of imposter syndrome?

And just a dash of poor boundaries?

If so, you just might be a Perfectioneur!

YOUR CORE BELIEFS = YOUR SELF WORTH

"Perfectioneurs have strong connections between negative core beliefs and their self-worth." – Khara Croswaite Brindle from *PERFECTIONEUR*

Numerous times throughout this book, Khara strongly emphasizes this highlighted statement repeatedly!

The negative core beliefs feed on your self-worth eroding it with time. Khara has a great deal of tools and questions in her book to help you eradicate those negative core beliefs.

It's like a viscous downward cycle! Furthering the grip of perfectionism in your life!

Challenges to your self-worth create uncomfortableness to which you then respond with perfectionism to avoid that uncomfortableness is discussed repeatedly in the book, "The Imposter's Cure!"

CHRIS SWENSON'S MASTER NOTES

Practice Success in Less Time and with Less Money

In fact, in the book “The Imposter’s Cure,” perfectionism is one of the two imposter twins! The other, avoidance (procrastination)!

My, my my....What we do in response to feeling discomfort! Let’s work on those core beliefs and grow our self-worth so we are less vulnerable to this trap!

JUST SAY “NO!”

“Doing things for others is not a foreign concept for Perfectioneers. It’s one of the primary drivers for what we do and why we do it. Perfectioneers have those core beliefs that tie their value into what they do for others. In my worse moments of running myself into the ground, I was saying yes to requests, questions, opportunities, and demands from my work community and ignoring the requests, questions, and softer demands of my personal relationships.” – Khara Croswaite Brindle from *PERFECTIONEUR*

The key trap for many of us therapists are we seemed to be hard-wired to do things for others. However, for Perfectioneers it becomes the main driving force behind their struggle!

Not only does it become difficult to say no, the drive to do for others is tied into their self-worth!

As usual...As all problems do...start by getting us to act a certain way (not saying no) but then eventually seek to drip it into our identity (value tied to what you do for others)! Once it’s in our identity, then we do it to ourselves as we continue to carry on the role of our irrational story!

Set those boundaries and just say NO!

BADGE OF BUSYNESS

“Perfectioneers are all about productivity and impact remember? So even as I was waging war with my emotions every morning, clients, colleagues, and the community at large saw me kicking ass and taking names. Maybe you too, are good at hiding how you truly feel. Maybe you too thought the badge of busyness would keep you from realizing how unhappy you are in your current circumstance.” – Khara Croswaite Brindle from *PERFECTIONEUR*

“How are you?” “Oh...busy!”

“Yeah me too!” “Busy?” Definitely “busy!”

Ever had that conversation, LOL! I don’t know how many times I have heard it. Even people asking me if I am busy. It’s almost like if you are not busy there must be something wrong with you, LOL! Well...I don’t think so!

CHRIS SWENSON'S MASTER NOTES

Practice Success in Less Time and with Less Money

For Perfectioneers though, making an impact and being super productive is what they are all about. I love how Khara equates that to a badge of busyness! Love it!!! Maybe I need to get myself one for that next interaction lol!

What's important to understand here is that your tendency to be busy is done as a means to distract you from your unhappiness. Damn it! Perfectionism has struck again!

Are you hiding by projecting that perfect busy persona? If so, then beware as perfectionism is lurking!

STOPPING THE STEAMROLL

“Once Perfectioneers find their momentum and time for creativity, they are at risk of accelerating so fast that self-care and work-life balance are left in the dust. It is part of the equation of why a Perfectioneer moves into unhealthy space that warrants recovery.” – Khara Croswaite Brindle from *PERFECTIONEUR*

Khara strongly warns us to keep things in check here. Once that drive to create and do accelerates, the Perfectioneer becomes out of balance real quick!

Forgetting about your family...Forgetting about what is important to you...And even forgetting about your own well-being!

All of which break you down further and creates more distress in your life. Perfectionism then gets the upper hand and you continue down the viscous cycle!

Khara gives us some great advice here: *Being Mindful Matters Identify one way you practice mindfulness. Reflect on your self-talk. What are your 'shoulds?' List some examples of internal motivators vs. external motivators for yourself.*

BEWARE OF YOUR INNER BOSS BITCH

“As a healing Perfectioneer, I know my inner boss bitch being present is a sign that my boundaries are being tested or broken. Recognizing her presence and my desire to control others are key warning signs for taking a different action, pivoting towards healthier shifts in my routine that bring me back to baseline and make me more pleasant to be around.” – Khara Croswaite Brindle from *PERFECTIONEUR*

Are you hearing your inner boss bitch?

CHRIS SWENSON'S MASTER NOTES

Practice Success in Less Time and with Less Money

If so, that is the sign your boundaries are being either tested or broken!

You now have a choice...recognize it and respond in a way that brings you back to baseline and healthiness...or, continue the path of destruction!

CAMPING WITH YOUR INNER CRITIC

“Criticism is part of being human. My inner critic had a field day with trying to determine if my professionalism would be questioned in having a chapter on inner boss bitch in this book! The key is to not set up camp with your inner critic. How do you know you’ve officially set up camp with criticism? The therapeutic term is catastrophizing.” – Khara Croswaite Brindle from *PERFECTIONEUR*

Find yourself catastrophizing? Then you are well on your way to enjoying (or not quite so, LOL) a camping trip with your inner critic!

In addition, reading about Khara’s struggle with her inner critic in this highlight greatly reminded me of the tie between perfectionism, our self image, and imposter syndrome! Guess they all work together like mobster’s to mess with us. Congratulations Khara for going for it!

What is important here is to not let your inner critic control your emotions and decisions for your life. That job is meant for you! Learn to quiet that voice, or not listen to it!

THE RISK OF RELAPSE

“Truthfully, my relapse warning signs look like all of the above and more. The subtle ones creep up and if I’m stuck in a desire for progress or momentum, I don’t always notice or acknowledge them. Sometimes it takes someone I value or trust to call me on my crap.” – Khara Croswaite Brindle from *PERFECTIONEUR*

Guiding your practice to the land of private practice success requires staying on the right path. Straying off the path usually results in failure!

My guess is if you are traveling in an airplane, that you hope there is some sort of guidance onboard helping the pilot know when and if he is off course! Otherwise, you may have an unexpected landing, ouch!

The same works with perfectionism here. Your awareness of your perfectionistic warning signs will help you remain on the path. Lack of awareness and perfectionism will be guiding you off into the jungle somewhere without you even knowing it.

CHRIS SWENSON'S MASTER NOTES

Practice Success in Less Time and with Less Money



I absolutely love what Khara recommends here in the highlight..."sometimes it takes someone I value or trust to call me on my crap!"

Finding a great teammate, coach, or mentor can be extremely valuable! In school, it was wrong to ask your neighbor friend for help on a test...In real life, you can ask for help and teach all you want! No need to go the journey alone! Get another pair of eyes to help you!

ABOUT THE AUTHOR OF "Perfectioneur"



KHARA CROSWAITE BRINDLE

Khara Croswaite Brindle is passionate about giving people aha moments that create goosebumps and catalyze powerful action. She is a Perfectioneur, Licensed Professional Counselor, Approved Clinical Supervisor, and owner of Croswaite Counseling, PLLC, a group private practice in Denver, Colorado. Join her Perfectioneur's Facebook group to learn more: <https://www.facebook.com/groups/Perfectioneur/>

ABOUT AUTHOR OF THIS MASTER NOTE



CHRIS SWENSON

Chris Swenson is a true [Private Practice Warrior](http://imchrisswenson.com) who believes that therapists in private practice are in the best position to truly make a difference in the mental health concerns of our world. He loves helping people succeed in private practice as he studies, embodies, and teaches the fundamentals of mastering private practice. Learn more about Chris at <http://imchrisswenson.com>