

# 3 TIPS TO PERFECTION RECOVERY

## DOES PERFECTIONISM GET IN THE WAY OF HAVING MORE PROJECTS COMPLETED?



#QUILTERSNOTQUITTERS

DARA TOMASSON  
*do yourself this*

# What's holding you back from being more productive?

Feel super frustrated that you have so many amazing projects that you want to get done but go to bed every night feeling frustrated that you didn't get more done?



What is the state of your sewing area?

1. Too many projects to count
2. Have projects throughout the house
3. I don't finish much but seem to start new projects
4. I am buried in projects
5. I feel in control and on top of projects
6. None of the above

Perfectionism is relative to each one of us. Your best is not the best for someone else. Where did you get your standard of perfection from?



Take the quiz of where you fall in the perfectionism range:

[www.daratomasson.com/quiz](http://www.daratomasson.com/quiz)

The results will be sent to your inbox.

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# Perfectionism and Your Time Spent Doing What you Love.

Perfectionism is a survival strategy you learned as a young child. You believed that if you could be perfect you would stop any chance of being rejected or criticised or getting in trouble which caused a negative emotion.

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Check which ones apply to you?

- I am so afraid of messing up that I don't start
- I am good at cutting everything out but the first sign of failure I stop and put it away
- I am spend most of my time buying new fabric or projects
- I am always looking for new techniques or tools to help me do better
- I spend a lot of time comparing myself to others
- I don't know how others get more done
- I have really good intentions of working on a project but find I sucked into social media or YouTube
- I am not comfortable with showing people my work because I don't think it's good enough
- I love the idea of crafting and love fabric but feel so bad because I don't finish more

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You were not taught how to feel a negative emotion, in fact when you cried or got upset you were often handed a sucker or cookie.

Recovery is available. I am the President of the Perfection Recovery Program.

You can take the quiz here to learn where you are in the perfectionist realm at [www.daratomasson.com/quiz](http://www.daratomasson.com/quiz).

The results will be sent to your inbox.

You are not alone. You learned perfectionism as a coping strategy and I can help you overcome it.

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# Top 3 Ways to Overcome Perfectionism in Quilting or Crafting

1. There is no one right way
2. Don't start over, evaluate what went well and what didn't and work from there
3. Your opinion of yourself is the most important

Perfectionism was a survival strategy you learned as a kid. You can unlearn being a perfectionism and gain freedom from it with tools, time and commitment to yourself.

- Dara Tomasson



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Think of your first childhood experience when you thought that you had to get 'it right' so you could avoid getting in trouble.

I have 70 year old clients who avoid conflict at all costs. They have lived their whole life in fear of rejection or failure or hurt feelings.

This is living life only making right hand turns. It takes longer to get where you want to go and limits you on HOW you will get there.



# #1 There is no one right way.

When you think that there is only one right way you become paralyzed with fear that you won't get it. You are constantly second guessing yourself. You live with stress and worry and never really enjoy the process. There are foundational rules for quilting and sewing. You need to follow those rules such as having ¼ inch seams, square blocks before assembling and pressing. There are so many ways of making half square triangles and flying geese and quilting feathers.

When you are worried about getting 'it right' you are in 'good student' mode and you never allow yourself to find your own voice. You never allow yourself to trust yourself or have fun because you aren't able to be YOU.

The next time you feel your shoulders tightening and chest getting heavy because you feel like you are doing it wrong, roll your shoulders back and take a deep breath. Remind yourself that you are finding your own way and that quilting will be more fun when you step into your power and get out of the good student mode. Who knows, maybe you will revolutionise a certain technique because you tapped into your own genius.

One last thought- can you imagine if no one ever experimented and found new improved ways of doing things? Aren't you so glad that people got out of good student mode and invented running water and the internet?



## #2 Starting Fresh Every Time

Don't start over, evaluate what went well and what didn't and work from there.

A perfectionist will try something new and when it doesn't turn out how they planned they beat themselves up. They blame themselves for 'not getting right' so they start fresh (start again).

When you take this approach there is a big problem- you are always reinventing how to do something from scratch. When you start to learn something new, the best way to get traction is to evaluate what went well in your approach, look at what you think didn't go well and then move forward with tweaks and adjustments.

Your brain will give you resistance to evaluating because this feels messy. It seems easier to have a fresh sheet of paper than to look at a paper with lots of scribbles and edits. However, when you take time to edit and work through the ideas you will be able to refine and shape.

Published authors always start with a 'crappy first draft'. You have to be willing to get started and then refine as you go. When you understand that masterpieces or finished products are created this way, you can let go of the thought error that you should just be able to do things perfectly the first time.



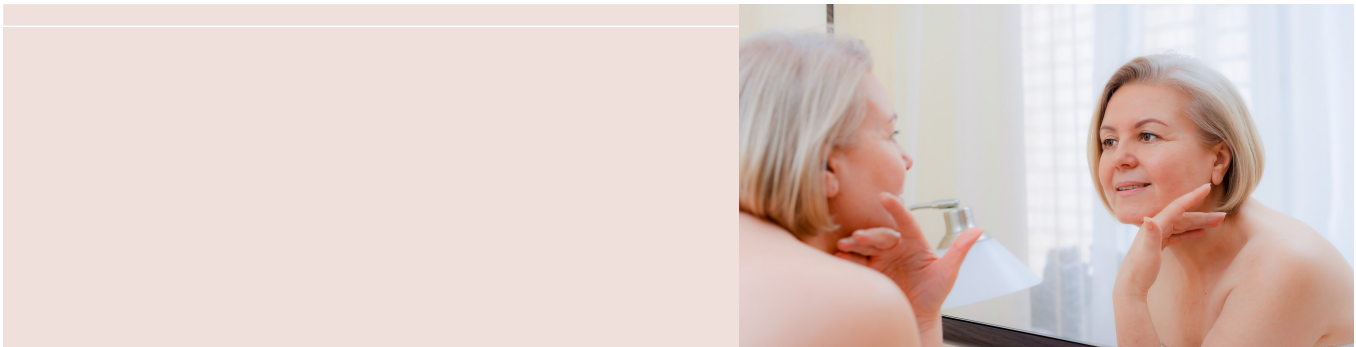
## #3 Your Opinion of Yourself is the Most Important

Humans are wired to belong. If you get rejected from the group it means certain death. Way back when, this was the case. If you were rejected from the village you wouldn't have the safety of the gates to protect you and you would be attacked.

Being accepted does equate to safety so if your quilting or skill is not up to snuff you could get called out. This did happen to me once 20 years ago at one of my first quilt meetings.

When you learn to not judge yourself, you won't allow others to judge you. When the president of the guild pointed out all of my flaws in the table runner I made in front of the group, I was upset that she did that but I did not judge myself because I was so proud of myself for making what I did.

It is not selfish to have a good opinion of yourself. In fact, when you like yourself and are comfortable with your own company, you start taking better care of yourself. When you love your sewing machine you will make sure to take special care of it. Holding a baby, you will make sure to be gentle and loving. This is what I encourage you to do for yourself.



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# Looking at the Quiz Results

## QUIZ RESULTS

[www.daratomasson.com/quiz](http://www.daratomasson.com/quiz)

The quiz will put you into 3 categories. Where did you fall in the categories?



### **Category A 1-33**

You are in the normal range of perfection



### **Category B 34-77**

Look at the categories you scored 5 or higher and see how this is affecting your life.



### **Category C 78-110**

Perfectionism is stopping you from living the life you want. You will not be able to move forward until you learn some of these tools to change.



# CHANGING YOUR RELATIONSHIP WITH YOURSELF IS KEY

Changing your relationship with yourself starts by learning how to think about your thinking. Your thoughts create emotions. These emotions fuel your actions and your actions create your results. You know that expression, 'You are what you think'. It's true because you become what you think. I help women learn how to slow down long enough to start making sense of why you have the life you have.

I would love to hear how you implement these top 3 tips which will help overcome perfectionism.

## Let me help you:

Follow me on Instagram at:  
dara\_tomasson

YouTube channel- Dara Tomasson

My podcast: Love Yourself Thin  
with Dara Tomasson

## Master Course on Perfectionism and Weight Loss

I have a fun offer happening  
November 14-17 Weight Loss for  
Perfectionists where you can  
download the 12 Step Perfection  
Recovery book for \$19.

## Get the 12 Step Perfectionist Recovery Book

When you join this master course  
you will join a private Facebook  
group where we will also have a  
fun UFO challenge from the  
perfectionist perspective. I am a  
life coach which means I help  
train your brain on creating  
permanent change.

## You don't have to suffer alone

I have a lifetime membership to  
help you lose physical and  
emotional weight called 'Love  
Yourself Thin'. It is a lifetime  
membership . You can reach out  
to me to ask any questions.