

How to keep your mind on the overall picture

Posted by mr. emunah - 01 Mar 2013 23:12

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Hi People,

I think a big part of the problem is that a lot of us are perfectionists, and if we have a small setback we let totally go and crash!

I was wondering if anyone had tips for staying focused on the long haul.

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Re: How to keep your mind on the overall picture

Posted by gibbor120 - 01 Mar 2013 23:23

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I suggest clicking the "Dr Sorotzkin" link in my signature. He has some good stuff on perfectionism. Both reading material and recorded lectures. Perfectionism is a BIG cause of stress, which leads to acting out of course.

Or you can follow dov's advice and get off your truck and get on to a tricycle.

Same idea. You are not perfect. Get over it.

I once made up this quote that some people liked.

Here's the quote: "I try to portray a '**perfect**' image, but I am so much happier when I can accept my '**imperfect**' reality."

You can see the thread here: [guardyoureyes.com/forum/19-Introduce-Yourself/129022-Shalom-Aleichem#129596](http://guardyoureyes.com/forum/19-Introduce-Yourself/129022-Shalom-Aleichem#129596)

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