Warning: I Am a Perfectionist!



**#1**

Today's Learning Material

**Torah Bereishis 17:1**

*And Avram was ninety-nine years old, and G-d appeared to Avram, and He said to him, ‘I am the Almighty G-d; walk before Me and be perfect.*

**Torah Devarim 18:13**

*Be perfect with the Lord, your G-d.*

**Sforno on Torah Bereishis 17:1**

*… acquire the maximum degree of perfection human beings are capable of attaining.*

**Daas Tevunos, (The Knowing Heart), Ramchal**

*… and he created them (all creatures) imperfect, in order for them to reach perfection on their own merit, and their perfection will be the reward itself.*

**Why Perfectionism Is an Entrepreneur's Worst Enemy, Ryan Robinson, The Balance Small business**

Some of the most inspiring human achievements in science, politics, business, sports and the arts were accomplished by perfectionists.

**Questions:**

* **What’s good about being a perfectionist? What are some of the advantages of setting high standards?**
* **Do you think of yourself as a perfectionist?**
* **Being a perfectionist doesn’t necessarily mean you have unrelenting high standards in every area of your life, although this may be the case for some people. It is possible to be a perfectionist in one area of your life but not in another area of your life. Do you have areas in life where you would describe yourself as a perfectionist?**
* **Do you have friends, relatives that are perfectionists?**
* **Is it possible to reach perfection?**

**#2**

**Leonard Cohen, Songwriter**

Forget your perfect offering. There's a crack in everything, that's how the light gets in.

**Questions:**

* **How do you you understand this statement?**
* **What’s wrong with trying to be perfect?**
* **Where does “all or nothing” mentality come from?**
* **Which is a better way to live our lives - by aiming for perfection, or by embracing a “second best is also good” attitude?**
* **How do you know when to stop and not continue to try to do things better?**

**#3**

**Perfectionism is on the rise – and we're all paying the cost, Derek Beres, 21 May, 2019**

A study of 41,641 college students shows that perfectionism is increasing year after year.

Your friend to you:

*I’m a perfectionist. I want things to be just so, and I’m frustrated and miserable if they’re not. I try to take every contingency into account when I make plans, but there’s always something that doesn’t work out the way I want it to. Doesn’t G‑d want us to strive for perfection? Why am I always so miserable?*

**Questions:**

* **What advice would you give to your friend in this situation?**
* **What do you do if you’re a perfectionist?**

**#4**

**Tanna D’bei Eliyahu, chapter 25**

*Every Jew is obligated to say “When will my actions reach those of my forefathers — Avraham, Yitzchak and Yaakov?”*

**Koheles 7:20**

*For there is no righteous man on earth who does good and does not sin.*

**Questions:**

* **How would you resolve the contradiction between the call to aspire to be as great as our forefathers and on the other hand to realize that we ARE imperfect by nature and can never get there?**
* **If it is impossible to achieve perfection, what’s the point of trying?**

**#5**

**Mesilas Yesharim (Path of Just), chapter 1**

*When you look further into the matter, you will see that true perfection lies only in clinging to G-d …*

*The Holy One, blessed be He, has put man in a place where the factors which distance him from the blessed G-d are numerous. These are the physical lusts which if he is drawn after them …*

*Thus, we see that man is truly placed in the midst of a raging battlefield. For all matters of this world, whether for the good or for the bad, are trials for a man. Poverty from one side versus wealth from the other. This is as Shlomo said: "Lest I be satiated, and deny You, and say, Who is G-d? or lest I be poor, and steal..." (Mishlei 30:9). Tranquility on one hand versus suffering on the other, until the battle is waged against him from the front and from the rear …*

*If he will be a man of valor, emerging from the battle victorious on all fronts - he will be the perfect man who will merit to cling to his Creator ...*

**#6**

**Question: What's your takeaway from today's discussion?**