

The Perfectionist

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Perfectionists want quality. They like to concentrate undisturbed on the concrete work. What you do should be good, otherwise you'd better leave it alone. Before the work is done, there are two questions: Did I miss a mistake? Can it be improved?

This book describes their particular strengths and competencies. It shows what is important to be satisfied with oneself and one's life.

Christoph Hofmański

Before Christoph Hofmański (born 48) founded his consulting company under the name "Kommunikationsmanagement" in 1988, he worked as a marketing manager in an international IT company. During this time, the discussion about emotional intelligence began to become more audible. Guided by the question "What is a certain behavior good for?", Hofmański interpreted the bi-polar dimensions of personality psychology as existential, conflicting basic needs. This gave rise to the construct of "deep motivation" in the mid-1990s. In the work of the last 25 years, there has been a growing realization that we can better understand people if we bring the construct of basic needs into a multi-layered model that captures the "flow of energy" from drivers to situational behavior. Practical use in many coaching sessions motivated Christoph Hofmański to develop TwentyFive.

Christoph Hofmański

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Motivational Type

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texorello

15745 Wildau

Germany

<http://texorello.org>



1. My profile

The result of analyzing my depth motivation says that my type is the 'perfectionist'.

The Sense.Ai.tion GmbH documentation provides a brief overview:

[link][<https://doc.senseaition.com/twentyfive/portraits>]

Perfectionists want to convince through quality. What they do should simply be perfect.

It's less about how others evaluate their work and more about the certainty of being proud of their own achievements. The pursuit of perfection also carries over to checking and assessing the work results of colleagues or suppliers. The motivation to improve something existing in such a way that optimum quality is achieved is very welcome in many areas. Depending on their preference, perfectionists find a professional home in design, art, the laboratory or quality assurance of operational processes, for example.

1.1 The inner team

The opposing basic needs form inner conflicts. This is a good thing, because each of them is essential for survival.

Our inner diversity helps us to control ourselves. It is comparable to driving a car. We have to accelerate to move forward and brake to avoid risks. We steer to the right or to the left. We rely on our intuition or let the GPS guide us.

So that we can decide according to the situation, we can choose between these extremes:

- Either we strive for **safety**: We must sense and react to dangers in good time.
- Or **enforcement** motivates us: we want to grow, survive adventures and develop our abilities.
- Either we seek **belonging**: We cannot and do not want to live alone. We need fellow human beings.
- Or we pay attention to our individual **recognition**: We want to be sensing and be proud of ourselves.
- Either we are curious about **rationality**: When we do something, we need to recognize the sense and reality of it.
- Or we are oriented with **empathy**: We want to pay responsible attention to emotional effects.

Every personality sets its own priorities, usually from birth. In the perfectionist's 'inner team', recognition takes the lead.

We can imagine these opposing forces as people or personality parts that come together to form an inner team in our unconscious, in our dream world, to decide together what we should do in which situation.

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To the right and left of recognition are the orientation needs of cognition and empathy, because if we want to convince with our works, we have to compare rationally, fact-oriented with certain standards (cognition), as well as starting from the effects, as it will be, for example, with musical perfection or the preparation of exquisite food, then the emotional concerns (empathy) count.

Our need for recognition likes to have enforcement at its side. Recognition also means that we want to force ourselves with our results. A kind of inner product test could form.

Empathy not only wants to serve recognition because of its emotional effects, it also wants us to empathize with other people and act responsibly. This is entirely in the sense of safety, which also stands for preserver and protection.

At the head of the table, opposite recognition, the need for belonging has found its place. It ensures that we do not jeopardize contact with our fellow human beings.

Enforcement and safety also work directly with other people. If we act alone in the world, successes make no sense, and if we do not take our fellow human beings into account, we cannot know whether they perceive us as a friend or an enemy. In any case, not aligning our work results with our fellow human beings could be problematic.

Those who seek applause for their work need an audience.

The perfectionist wants to be proud of what he achieves and wants to be satisfied with his work.

If he succeeds in convincing all parts of his personality of his intentions, a peaceful atmosphere prevails in the inner team.

It is in the sense of all basic needs if they are integrated and contribute to the common work. This could happen like this:

- Recognition (blue) compares alternatives. He is looking for the best option, which he then wants to optimize even further.

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- Rationality (black) analyzes situations and ongoing change processes and researches alternative solutions.
- Empathy (white) seeks to empathize. It has a nose for certain consequences and doesn't like some things.
- Enforcement (red) wants to actively participate in certain situations and fight for everything that is important if necessary.
- Safety (green) is an attentive observer and ensures order and reliability.
- Belonging (yellow) wants to hear opinions and takes care of communication with those involved.

Because these personality traits stand for different and opposing needs, they need a common orientation.

As long as we are not consciously clear about how we want to live, what makes sense for us and how we can confidently go our own way, the members of the inner team turn to consciousness with dreams, thoughts and feelings.

The inner team demands order and a holistic concept.

We are looking for a future scenario that satisfies all six opposing basic needs and fits the perfectionist's personality.

The better we succeed in incorporating all emotional aspects, i.e. all opposing basic needs, into our plans, the more we feel the energy for a task that really satisfies us.

1.2 Self-awareness

The ability to sensing ourselves means that we also judge ourselves.

That's a good thing and we shouldn't leave it to strangers. However, this results in two questions that we can answer ourselves:

1. What exactly are we sensing about ourselves and how?
2. What criteria do we use to judge ourselves?

On the one hand, we see, hear, smell, taste, move and feel something that happens in certain situations. We feel whether something is bad, okay or good for us. These are mostly unconscious processes. We intuitively and therefore very quickly come to a result and react to it.

On the other hand, we reflect on our behavior and our achievements. We think about ourselves, perhaps look in the mirror of our friends and allow ourselves to be reflected. We become aware of the results as thoughts. Slowly.

Kahnemann described this change.

Wikipedia: Thinking, Fast and Slow is a book by Daniel Kahneman that summarizes several decades of his research, most of which he conducted together with Amos Tversky. The central thesis is the distinction between two types of thinking: the fast, instinctive and emotional system 1 and the slower, more reasoned and logical system 2.

System 1 analyzes the external situation in relation to expectations and experiences. It quickly delivers a judgment, sometimes even a prejudice. If necessary, we are thrown into a panic when the unconscious instances, based on ancient, mostly

early childhood, but still effective experiences, believe that we could lose the recognition that is of existential importance to us.

System 2 is better suited to rational orientation. We want to understand something, this is especially true when it comes to different sensings, for example when the perfectionist feels unfairly judged. This can drive a carousel of thoughts.

In stressful situations, it can be helpful to activate the safety part and to make it clear to yourself what is actually at stake, to write down the influencing factors or to create comparison lists. Whoever writes stays, says safety, and it can, together with the need for rationality, provide calm when the waves rise.

If we want to be happy with our lives, we should know what messages the fast emotional system is sending us and what it's doing it for.

If we don't switch on our slow thinking and react to our feelings without reflection, we often do too much of a good thing. We lose our inner balance, because there is an opposite pole to every side.

- Too much recognition makes us only pay attention to ourselves. We are as proud as a peacock, but suspect that something is wrong. Reaction: Belonging threatens to be lost.
- Too much empathy makes us 'melt away' and we forget space and time. In this dream-like state, we should get up and take care of our cognition before we lose our orientation.
- Too much rationality makes us react coldly. We feel that we are erecting a barrier against our feelings. Our empathy puts pressure on us to become human again.
- Too much enforcement makes us act wildly. We go through the wall with our head. Safety is lost and we should take a deep breath and adopt a stable attitude.
- Too much safety makes us remain stuck. We are afraid of

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being attacked and hide. The enforcement gets angry and drives us out of the cave.

- Too much belonging pays too little attention to our own interests. Perfectionists also sometimes forget to look after themselves. Then it's time to withdraw and take care of your hobbies.

We are satisfied when we can expect our basic needs to be met for the foreseeable future. We feel an inner peace.

Hungry: The feelings of fear can also be unconsciously compensated for by anger or endless self-talk, so that we are not always aware of what is actually at stake.

All negative feelings want to wake us up so that we consciously take care of our basic needs from an adult perspective.

Whenever we behave inappropriately, we can ask ourselves: What am I missing today?

Basic needs don't require much. It's actually quite simple. Depending on our needs, we divide our day or week in such a way that all basic needs are well taken care of. Perfectionists need time for:

- Recognition: We want to celebrate our individuality and do something just for us. It can and may be something nonsensical that only concerns us and that we can only judge for ourselves.

We add to it the orientations.

- Empathy: Listening to music, relaxing, enjoying a good meal or offering something to the nose
- Cognition: researching something that interests us, analyzing exciting connections, moving around in nature

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And then we take care of

- Enforcement: sport, adventure, visualizing goals
- Safety: health, order and regularity
- Belonging: talking or celebrating with friends

We can do a lot in one day or integrate other ideas into a weekly plan.

We want to take all needs into account. But everything in its own time.

By consciously repeating our self-care, we strengthen the safety in our inner team that we are able to determine our own actions and take good care of ourselves.

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1.3 Self-determination

Luca, the primordial cell, was formed 3.5 billion years ago and all living beings emerged from it.

The author's primordial cell began to divide 77 years ago and his physical and mental diversity emerged from it.

Now he sits at his desk and tries to get his bearings. He does this consciously.

He knows that our conscious mind only receives a small amount of information, previously selected by the unconscious. That's all it knows.

Socrates, as Plato reports, put it like this: 'I know that I do not know (it), therefore I know much'.

It is a variety of opposing and complementary or conditional forces that are active in us and come to some result.

![PAGEFULL][<http://texorello.org/W99C0P0>][TwentyFive - About the forces of the unconscious]

There is no rigid processing system in our brain; instead, there are many overlapping and mutually informing processes that are launched in certain situations.

According to what criteria? We don't know.

It would overwhelm our consciousness anyway.

The unconscious decides which information from the complex inner and outer orientation is made conscious to us.

Is it an insult to our ego to say that our consciousness can be compared to a screen rather than a computer?

We get something on the 'screen'.

Perhaps so that we can make a conscious decision?

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Maybe because it reassures us?
We don't know.

from: <https://www.spektrum.de/news/unbewusste-entscheidungen-im-gehirn/949689>

If our brain decides before "we" - i.e. the waking mind - become aware of the choices, is it still a decision made freely by "us"? One thing is certain: this seems to happen more often than assumed, because neuron networks active in the unconscious do their work with unrivaled speed.

Living consciously" sounds like a good suggestion. In reality, however, it cannot be taken literally and fully realized: After all, if our conscious minds really had to carefully and critically analyze all the big and small decisions that our brains make every second, we would probably hardly be able to breathe. "Many processes in the brain take place unconsciously," summarizes John-Dylan Haynes from the Bernstein Center for Computational Neuroscience in Berlin: "We would otherwise be completely overwhelmed with everyday tasks of sensory perception and movement coordination. ".

Recently, it has even become increasingly clear how few processes our brain allows to enter our consciousness at all. Following their latest findings, Haynes and his colleagues are now wondering whether even the decisions perceived as consciously made are not as self-determined as they seem.

We can observe some of the processes that take place in the brain today. Some of them can be deduced from logic and explained with a plausible construct.

According to this, it seems that energy flows from the drives (Freud's was still 'libido') and differentiates into basic needs.

As soon as the basic needs report a demand, the energy flows to the orientation areas.

Completely unconsciously, we check the current situation or one that we can expect due to a certain development.

Consciousness is awakened with this information or part of it

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as a thought, feeling or spontaneous impulse.

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Ende der Leseprobe

Das vollständige Buch finden Sie bei Amazon.

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