

The White Perfectionist

A Short Guide to Your Map to Freedom



Hello

and welcome to My Map to Freedom!

Whether you are reading this because you want to live more fully in the now, become a more authentic leader, live the wisdom of the Enneagram or develop your coaching presence you are all looking for the same thing.

When you find the space to inquire, you will find that what binds all these quests is what Joseph Campbell calls 'feeling the rapture of being alive.'

If you inquire even further you will discover that the only way to feel this inner rapture is to strip away your well-conditioned patterns of closure and defense, and set the 'real you' free.

This is the work of My Map to Freedom. As a visual tool it shows your specific patterns of closure and defense and helps you get beyond them so that you can live in the moment, be more authentic or develop your coaching presence.

But how can my map to freedom help you find the real you? And how do you experience the rapture of being alive?

Great questions.

First, you need to understand the structure of your map and the nature of your self created prison... so read on.

The Layers of the Map

The diagrammatic version of your map shown on the next page points to a tantalising truth... namely that you are so much more than you think you are.

Most of us think of our personality as the full extent of who we are, but the diagram on the next page points to the possibility that your personality is only one part of a much wider range of potential that exists in us all.

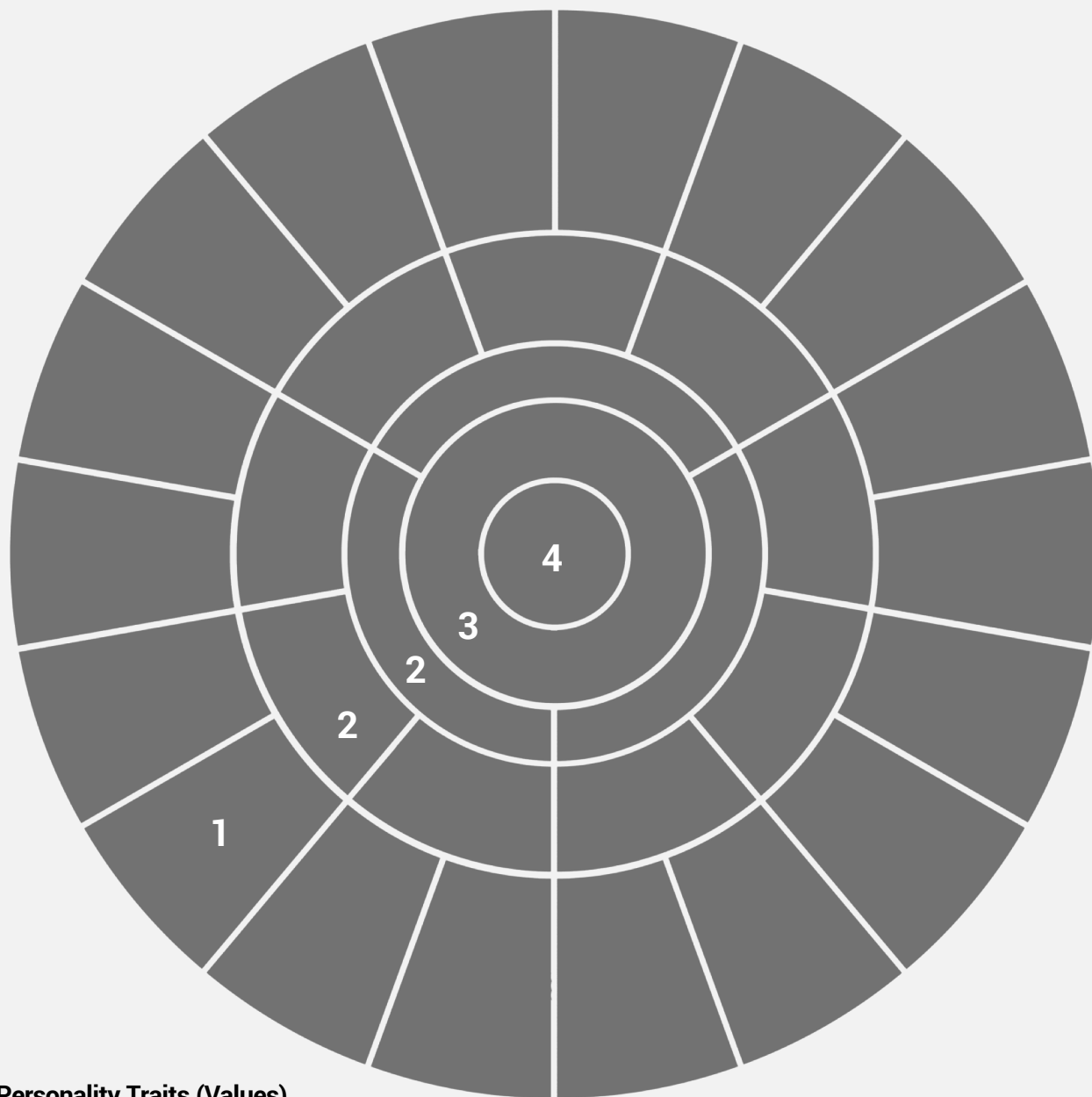
The Layers Of The Map

- **The Outer Layer** - Details your personality traits.
- The ways you act and behave in the world and the ways people know you as you.
- **The Second Layer** - Details your thoughts.
- The ways you think about yourself and the ways you act in the world.
- **The Third Layer** - Details your needs, emotions and fears.
- **The Centre Space** - Details your true self/real self/authentic self/soul signature

The centre space is the part of you that is the vast, largely unrecognised quality of being that has been encased in layers of protection and for the most part forgotten, it is this aspect of who you are that you have sensed is missing. This core part of your being has been named many things. Your true self, your authentic self, your essential self, your unconditioned self, your soul, the names are many but they all describe the same thing. The real you.

Most of us have had glimpses of our true self, for example, in times of exquisite peace or happiness, but they have been fewer than we would like because our awareness is so dominated by the day-to-day dealings of our personality.

There is much learn about the layers of the map but this brief introduction will get you started. So with that firmly in mind, read the full description of the outer layer of the **White Perfectionist** and notice what seems familiar and what does not.



1. Personality Traits (Values)
2. Thoughts
3. Needs & Emotions
4. True Self

The Outer Layer:

Your Personality & Desire for Perfection

As a White Perfectionist, you value perfection a great deal. You believe that if everything is perfect then you will be happy. The ways that you ensure you keep everything in your world perfect is by seeking to maintain high standards for yourself and others.

You work hard at maintaining a lifestyle that is conscientious, orderly and ethical. You want to be accurate, thorough, fair and objective. More importantly, you want to be respectable, to do what is right and what you feel is appropriate. You see yourself as rational, orderly and principled. You would like others to see you as reliable, responsible and virtuous. You are great at judging the world around you and work hard to make it right and your idealised image is that you are hardworking and productive.

Conscientious and methodical, you focus on paying close attention to detail. You can quickly see what needs to be fixed and excel at organising, executing and applying expertise. You like to follow protocol, policies and procedures and flourish in environments that have clear rules, the opportunity for advancement, a pecking order, and consistency. Earnest and hardworking, you constantly strive to improve.

Your integrity, wisdom and adherence to sound procedure can bring clarity and guidance to a confused world. You are a pioneer with the ability to envision utopia and the discipline to put in the hard work necessary to make it happen. You are not afraid to act according to your strong convictions, even if your actions go against the beliefs of your parents, boss or society.

With a special gift for teaching you enjoy helping people learn and improve. Gifted with a strong sense of purpose, and with high ideals, you value honesty, integrity and objectivity. You are sincere, earnest and diligent and act from your heart because, for you, the heart is the only thing that is truly perfect.

As a White Perfectionist, you feel that if something is worth doing, it is worth doing right. As a result, you are only satisfied with what appeals to your strong sense of what is moral, idealistic. You naturally wish to educate others to help them improve themselves.

The Outer Layer:

Your Personality & Avoidance of Mistakes

As a White Perfectionist, you avoid making mistakes at all costs. You believe that if you make mistakes or things are not perfect you will not be happy. Because of this your weaknesses and negative tendencies relate to the ways you ensure you avoid making mistakes and keeping things in your world perfect at all times.

To avoid making mistakes, or doing anything imperfectly you want to know what is considered appropriate and you tend to do things by the book. Continuously striving for self-improvement, you expect others to do the same. You need to know what is expected of you so that you can act accordingly and so that you can excel. You have a strong internal critic that constantly reminds you of what you should and shouldn't do. You always act in accordance with your high standards and moral self-justifications. You prefer what is practical, grounded and stable and avoid appearing silly or frivolous to others.

Your tendencies toward perfectionism mean you can become obsessive, self-critical and cause yourself a great deal of inner anxiety and unnecessary stress, particularly when you become obsessed with detail which can bring the added problem of losing sight of your goal.

Life for you is about adhering to your strong internal set of standards.

Sometimes, this can make you rigid and obsessive and you often wish that you could let go and have more fun, but because of your strong work ethic, this is hard for you.

You avoid impropriety, irresponsibility, high risks and/or extremes. Most importantly, you repress your anger, feeling that to express it is wrong or inappropriate. Privately, you may criticise yourself for being so controlled, far more than you ever criticise anyone else.. Your vice is resentment because you work so hard to repress your negative emotions. You feel that showing overt anger demonstrates a loss of control, so you suppress your wrath when others are not working as hard as you and can feel self-righteous when others don't feel the same level of responsibility that you do.

Your righteous attitude often makes you seem like you are all work and no play and at times you become overly strict and rigid. You can become irritable, nit-picking and critical when others don't abide by your lofty moral code and your efforts to reform them or their environment are often met with resistance and can lead to friction with your peers as you are seen to be casting judgment or being too critical. Yet, underneath your attitude of moral superiority and need for correctness, you have a deep fear of being wrong, bad, evil or corruptible.

The Problem:

Whilst we humans are remarkable creatures we have some basic limitations and the most prevalent is our need to create ways of acting, or behaving, that enable us to cope with the challenges of daily life. You might think I am talking about taking a glass of wine in the evening, or distracting yourself with some mindless TV and whilst these things are certainly coping mechanisms the less obvious coping mechanism are the habitual patterns of our personality. Your personality is in fact a well conditioned set of strategies that have helped you cope with life, in fact if you had not developed these strategies you may not have survived. But whilst these coping strategies are useful for keeping you comfortable, they become habits of closure and defensiveness that rob you of living a life of authenticity and presence.

However the challenge of observing these traits in action is very real. In a world where we are perpetually in motion it is difficult to find the space to see what is right in front of us. (Or what is right inside us). We find ourselves overwhelmed and overworked, and tired and stressed people do not have the time, space or motivation to observe themselves.

The Solution:

It was out of this modern day and largely western problem that the need for a device that could help us observe our thoughts and behaviours in action emerged. Your map is the answer.

Your map allows you to recognise these habitual patterns of the personality is key to living your life authentically, fully present and in the now. It involves making ongoing conscious efforts to observe yourself and your patterns of closure. The aim of your map is to bring awareness to the day-to-day dealings of your personality and show you the way back to your true self, authentic self, your coaching presence, and to the present moment. As you work with your map you will come to see the the walls you have built for self preservation and self protection that are now robbing you of the freedom to feel alive.

Your map is a visual tool that does two things:

- Firstly it shows you the specific ways you stop yourself from being who you are.
- Secondly it enables you to connect to your true self.

Two Ways to use your Map

1. The R.E.S.T. Process

The journey of **getting free** from old patterns of acting, thinking and feeling happens when you sit with your full scale working map in front of you and your work through a process called R.E.S.T.

The R.E.S.T process is a set of questions that form the basis of an internal inquiry, the aim of the inquiry being to bring awareness to;

- The ways you reject or resist living in the present moment.
- The ways you avoid being authentic or real.
- The ways you avoid being present with others.

Broadly R.E.S.T stands for;

- R Recognise the ways you defend/resist and avoid life.
- E Explore the reasons why.
- S Surface the underlying emotions, needs and fears.
- T Transform through connection with the true self.

In the R.E.S.T. process you are learning to become a witness to your own habitual patterns. As you work with your map you will see connections, patterns and recurring themes with a new perspective and awareness. You not only become aware of what and why you are doing the things you do, but your awareness will also dissolve your old patterns and set you free.

Two Ways to use your Map

2. Guided Meditations

The journey of staying free happens when you sit with your wall art map in front of you whilst listening to a guided meditation.

This process is for those who are looking for a daily practice which will keep them routed in the present moment and enable them to live more fully in the now. The more you practice using your map in this way the more it becomes an anchor that brings you back to the inner stillness of your true self. From this place you will be able to respond to life's challenges rather than reacting to them.

Working with your map in this way is a form of deep listening. Through questioning, listening and acknowledging, you will become an explorer, charting territory both strange and familiar. In each encounter with your map you will listen for the new and the steadfast, bring back learning and resolutions and listen for the wisdom they hold.

There is a free sample of a guided meditation on our site and we encourage you to try it out.

Obviously you will need to have your map open in front of you. If you have not purchased a printed map yet then please use the sample at the back of this guide and give it a go!

What Next?

Thank you for your interest in my map to freedom I can't wait for you to find out how much more there is to know and understand about the map, the R.E.S.T. Process and yourself. If this brief guide has intrigued you and you are curious to explore further, then here are some choices:

If you would like to explore how to live more fully in the present moment then we recommend you check out the on-line programme 'Living in the Now.'

If you would like to explore how to use the map in your coaching practice then we recommend you check out our programme for coaches.

If you would like to explore how to use the map to live the wisdom of the Enneagram then we recommend you buy the box set with the book How to Live Unleashed and Alive and the foldable map.

Or maybe you might simply like a copy of your map for the wall or as a gift. Please visit our shop to see the wonderful array of 'home friendly' designs!

Finally, one more choice.

I would be honoured to welcome you to the growing community of explorers on FB that are using their maps to radically change their lives. We have a general FB page which will inspire you with daily quotes and thoughts about inner freedom and a closed group for those wishing to learn more about using their map on a daily basis.

Whichever way you choose to use your map I wish you the warmest wishes on your onward journey to freedom.

Jane Douglas

