

Meet Your Flaws



It's human nature to focus on our strengths and try to hide our flaws under the rug, but your flaws represent places in your life where you have a lot to learn. Think of your flaws more as opportunities for growth and they're easier to manage.

My friend, Teresa Jusino, made a blog post in November 2012 that got me thinking. Here is the excerpt:

"Last month (and the beginning of this one), I was reintroduced to my flaws. This isn't me being self-deprecating or holding a pity party. It's me acknowledging the things at which I could be better. Everyone's got them."

<http://teresajusino.wordpress.com/2012/11/09/getting-back-in-the-game-and-girlgamer-posts/>

I loved the phrase "**reintroduced to my flaws.**"

Journal

Take out your journal and come up with a list of your flaws. Meet them, greet them, and examine them. See what they have to teach you. If you can recognize your flaws in the neutral space of your journal, it's easier to see them in action and try to do something differently when they flare up.

Take a deep breath and gently write down some of your flaws.

_____	_____	_____
_____	_____	_____
_____	_____	_____

Reflect

Think about how these flaws operate in your life and hold you back.

For example, some of my flaws are *perfectionism*, *stubbornness*, and *inertia*. They probably are linked. For instance, in my fiction writing, it's easy to be waylaid by perfectionism when the story idea isn't coming out as gloriously as it was in my head. Then my stubbornness butts in and tries to get me to keep moving even though I know I need to pause to reevaluate the project. Then, once I've crashed and burned, my inertia keeps me firmly in a place of stuck. Whereas, if I embraced imperfection from the start and allowed myself to write a crappy draft, I could plug along crappily and stress-free.

Your flaws aren't a permanent part of your personality!

Flaws won't be fixed overnight, but knowing what yours are can help you identify them and work around them. Your flaws aren't a permanent part of your personality! You can learn to invite them for tea and then push them out the door when tea time is finished.

Here are some exercises to help work around your flaws.

Sense Your Flaws

Pick one or more of the flaws you wrote on page 1 and consider these questions:

1. What does your flaw look like? ("Stubbornness looks like a big boulder.")
2. What does your flaw smell like? ("Perfectionism smells like stale air.")
3. What does your flaw sound like? ("Inertia sounds like nothing.")
4. What does your flaw feel like? ("My temper feels like a hot stove.")
5. What does your flaw taste like? ("My ego tastes like a sweaty armpit.")

Do any of these sensory details give you an insight? ("Stubbornness is a big boulder and it blocks my path toward my dream!") Explore this in your journal.

Attract Opposites

Pick one or two flaws that bother you the most. What would the opposite quality be? (Stubbornness could be Flexibility, Inertia could be Action, etc.)

Think about these opposite qualities and decide one you'd like to focus on cultivating. There may be a few that appeal to you, but try to focus on one at a time. You can always go back and do this again later with another quality.

For your new quality, think about how it could fit in your life. What would a task look like if you approached it with this new quality instead of the old one? Think of a real situation where the old quality holds you back and what would be different if you tapped into the new quality.

To help manifest this new quality in your life, try one of these projects:

- Write this new quality on sticky-notes and post them on your bathroom mirror, in your wallet, on your computer, etc.
- Make a mantra with your new quality ("Being flexible invites serendipity and excitement into my life!")
- Make a drawing or collage to represent this new quality operating in your life
- Turn this quality into a persona; if Flexibility was a person, what would she look like? Turn her into a muse and picture her supporting you when you feel frustrated

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Creativity and Life Coaching

I have four coaching options including a free session.

Free

Free "Depth-Charge" Session, 30-45 minutes.
Set a Depth-Charge to shake things up!

If you are overwhelmed with the change(s) you want to make in your life and aren't sure where to begin



Paid sessions range from \$125-495 and focus on Work-Art balance, creative abundance and vitality, and accountability to make your creative dreams real!

See the [Coaching page](#) on Cathy's website for more information.

Tarot Reading and Classes

Are you confused, frustrated, and seeking answers? Have you over-thought an issue so much that you can't stand to think about it, but you still need to find a solution? Are you looking for outside help, a fresh pair of eyes, to help you work through your issue?

Let's ask my cards to help you with your issue! Book a reading today. Prices range \$25 to \$55.

Cathy also teaches a tele-class series, "Find Yourself in the Cards", based on the tarot archetypes of the major arcana. See [her site](#) for more information.

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