



CHECKLIST:

Reiki & Perfectionism

Reiki Therapy

— RESOURCES —

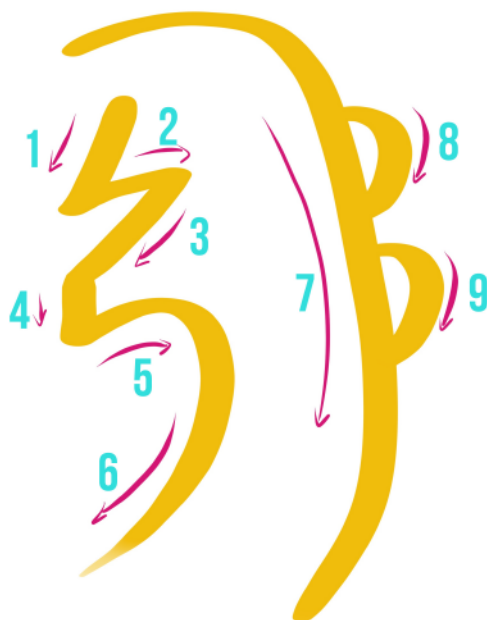
Reiki helps us to become calm and reflect on our emotional state. Below is an exercise to help you work through perfectionism, traits of control, and useful relaxation techniques.

RELEASE PERFECTIONISM

Allow yourself at least 10 minutes to conduct this exercise, however, 30 minutes would be ideal.

- Find a favorite place and create a calm environment.
- Take 5-10 slow breaths to calm your nervous system and become fully present to participate in the exercise.
- Complete a mental body scan starting from the top of your head and down to your toes. Focus your attention on each body part and take notice of any tension that you feel in each area. If you notice a high level of tension in a specific area, use your breathing techniques to release the tension. You may also want to clench your muscles tightly around that area and then let them go to release the tension.
- Use the Reiki symbol of emotions Sei He Ki (picture A below) over the area where you feel tension.
- After you have completed your body scan reflect on the common behaviors that indicate a perfectionist mindset, including: avoidance, procrastinating, giving up, approval seeking, excessive organizing, checking, hoarding, and anger. Can you identify any of these behaviors in any recent experiences you have had?
- As you recall the situation and identify the perfectionist nature of your behavior, repeat the following affirmation:
I am capable, I am open to new ideas, I am flexible to make changes.
- Complete another body scan and notice if you still hold any tension in your body. If you notice any further tension in your body use the Reiki power symbol, Choku Rei (picture B below). As you draw the power symbol, repeat the positive affirmation. Repeat this process until you feel the tension release.
- Once you have completed this exercise, remain for a further 5 minutes to allow your body to relax and restore its energy. Keep your eyes closed and focus on your breath coming in and going out.
- If you start to have any thoughts that infer you are trying to control the situation or outcome, repeat your positive affirmation statement.
- When you are ready, return to your daily activities with a renewed sense of gratitude and positivity.

A.
Reiki
Emotion
Symbol
Sei He Ki



B.
Reiki
Power
Symbol
Choku Rei

