

QUALITY AND PERFECTION

What is the difference between these two words and why is it important to focus on them?

The word QUALITY is often used in reality therapy and the underlying theory called choice theory and the reason for this could be the meaning of this word and how it fits the theories.

It can be defined as "superior excellence or accomplishment" and this meaning leaves people with scope for interpretation and change. Reality therapy encourages people to change and look for more needsatisfying behaviours to help them get what they want in life. Wants vary from person to person, choice theory teaches that these wants determine people's individuality and that these wants have been derived from experiences perceived as QUALITY. Therefore the word QUALITY is often referred to in choice theory as well as in reality therapy.

When considering the meaning of the word PERFECTION it emerges that it differs to a large degree from the meaning of the word QUALITY.

The definition of PERFECTION talks about "the highest degree of excellence" and "without fault". It doesn't leave scope or room for movement or change while QUALITY does. This refers to superior which means better and immediately we can think or say "better than what?" and "how?"

PERFECTION implies "highest" which carries with it something absolute, no room for going up further and more importantly no scope for going down and making mistakes. PERFECTION seems to say "without faults".

Therefore people who strive for PERFECTION are often striving to be without faults. It could be asked whether some of these people want to be without faults and thus perfect because they perceive themselves as very imperfect or possibly as failures. Every day of their lives they set out to become perfect to do away with the "imperfection" which is nothing more than a huge imbalance in their lives. When these people face a problem or have to make a decision they look for the perfect solution or a decision that will lead to perfect consequences.

Perfect solutions do not really exist as all solutions bring with them new challenges and often these individuals view challenges as problems and mistakes as failures instead of situations which offer the opportunity to learn.

People who are in effective control of their lives learn as much as they can from every situation that occurs so that the new learnings add to their QUALITY of life. They do not strive for PERFECTION in order to combat imperfection. They aim for QUALITY which leaves room and scope for change. If change is possible it follows that making a mistake is okay and that they can figure out a new way of achieving or doing what they want to do. They realise that they can choose a different behaviour next time which differs from people who choose PERFECTION as they brand their original behaviour as imperfect and themselves as failures which might lead to even more strenuous efforts to reach PERFECTION in the future.

PERFECTION is a vicious circle while striving for QUALITY can be seen as a continuum leading towards improving.

WHERE ARE YOU?

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