Message from Maria

Maria Coutant Skinner, LCSW, CEO

Dear Friends,

Do you remember the last time you made a mistake? Can you recall the last time you said something you wish you could take back? The last decision you made where you would return for ‘a do over’, if only you had a time machine?

I do.

I'll bet we all do. What feelings accompany that flash of regret for you? Embarrassment? Shame? Or do you regard yourself with the same generosity and grace you might for a dear loved one, allowing yourself to be human and understanding that imperfection is a gift that leads to growth?

Dr. Brene Brown has done extensive research into what drives perfectionism and why, instead of inspiring us, it only serves to paralyze and keep us stuck.

“Perfection is an illusion, and that is enough. Progress is a way of thinking and striving,” said Dr. Brown. “It’s… a way of thinking and feeling that says this: ‘If I look perfect, do it perfect, work perfect and live perfect, I can avoid or minimize shame, blame and judgment.’”

As a child, I worried a great deal about what others thought about me and I can easily recall the warm flush of blood to my cheeks when I said something incorrect in school or made a mistake with my friends. That might as well have been the end of the world! It was a tool of self-protection, but it was self-limiting. It kept me from realizing my authentic self and kept me focused, instead, on working hard to please others with my words and actions.

I now consider myself in recovery from perfectionism. I work to catch myself if that harsh critic creeps in after I’ve had the inevitable misstep. I breathe, and recognize that I’m fully human… a work in progress. And that is enough. Progress is an illusion, connection and humility are real and sustaining.

All my best to you always,
Maria

Progress Not Perfection

We all want to see progress in our lives and achieve our goals, but we tend to think there is only one linear path forward. We get frustrated when life’s twists and turns and events get in the way and our plans don’t turn out as expected.

However, it is important to remember that progress isn’t linear, and perfection is unattainable. Perfection paralyzes forward momentum and striving for it in recovery can often be counterproductive, especially in the early stages. We’re often afraid to fail and feel shame when we stumble, feeling like all progress has been lost.

Here are some tips to help you focus on progress, not perfection during recovery:

1. Work with your treatment team to set realistic, achievable goals.
2. Try not to compare yourselves to others, the path to recovery looks different for everyone.
3. If you ‘slip-up’, it’s normal and okay. Reach out to your treatment team for support.
4. Celebrate your success, no matter how small or large!

Remember that you are worthy of the same grace, kindness, and compassion that you give to those around you. Showing yourself grace when life doesn’t go as planned is the ultimate gift you can give to yourself. It will allow you to forgive yourself, move forward, and focus on just how far you have come.

“Sometimes the smallest step in the right direction ends up being the biggest step of your life. "Try it if you must, but take a step," —Naeem Calloway

To find out how McCall can help create an achievable recovery plan just for you, call (860) 496-2100.

Get Ready to Give Local

On April 20th & 21st, McCall and CTV Help, Inc. are participating in the 2021 Give Local Waterbury and Litchfield Hills annual giving campaign that benefits local nonprofits. The funds raised for Help, Inc. will go towards the purchase of books, sports equipment and health and wellness programs. The funds raised for McCall will be used to support local families with their most basic needs; groceries, gas and utility payments.

Donations open at 7 AM on April 20th and close at 7 PM on April 21st. With over $43,000 in cash prizes available to participating nonprofits, your donations will go even further during this fun 36 hour giving event. Together we can make a real difference!

Click here to donate to Help, Inc.
Click here to donate to McCall

Did you Miss our WZBG Interview?

Click this link to hear this month’s interview on WZBG 97.3 with Dale Jones and Jillian Yard, LMSW, Outpatient Clinician at the McCall Center for Behavioral Health. Tune in on the 3rd Wednesday of every month at 8:20 to hear us in real-time.