

THE

*How to Stop
Driving Yourself
and Others Crazy*

PERFECTIONIST PREDICAMENT

Miriam Elliott, PH.D., and Susan Meltsner, M.S.W.

PERFECTIONIST PREDICAMENT

Perfectionist Predicament How To Stop Driving Yourself And Others Crazy

Debi Stack



Perfectionist Predicament How To Stop Driving Yourself And Others Crazy:

The Perfectionist Predicament Miriam Elliott,1993-11 Perfectionists take good qualities drive ambition and high standards and turn them into disadvantages that hurt rather than help This book offers a clear useful analysis of different types of perfectionism and explains how to solve the problem Perfecting Ourselves to Death Richard Winter,2009-09-20 Honored in 2006 as a Year s Best Book for Preachers by Preaching magazine Perfect body Perfect clothes Perfect family Perfect house Perfect job We strive for excellence in all areas of our lives And there s nothing wrong with a healthy mature pursuit of excellence But what begins as healthy and normal can sometimes become neurotic and abnormal leading to debilitating thoughts and behaviors eating disorders anxiety and depression obsession and compulsions fear of failure relational dysfunction In Perfecting Ourselves to Death Richard Winter explores the positive and negative effects of perfectionism on our lives He looks at the seductive nature of perfectionism as it is reflected in today s media He examines the price and perils of perfectionism And he explores the roots of perfectionism delving into what originally awakens this drive in us After analyzing the negative feelings and defeatist behaviors that unhealthy perfectionism births he provides practical strategies for how to change The important thing to see writes Winter is that we are to strive to become better people not just to be content with who we are or how we measure up to the standards of the culture around us For Christians this means becoming more like Christ in every area of our lives Here is the perfect book for those who struggle with perfectionism and for those pastors counselors and friends who want to understand and help perfectionists *Martha to the Max* Debi Stack,2000-08-01 Like the Martha of Jesus day so many women are preoccupied with being the perfect hostess wife mother worker that it leaves many of them angry frenzied and depressed In *Martha to the Max* Debi Stack uses humor to bring great relief and encouragement to today s Marthas This entertaining adventure will help readers view and use their abilities in a way that brings a smile to the face of God Debi gives plenty of practical tips on slowing down and focusing on the one thing Jesus said is needed Voices of Perfectionism Patricia Ann Schuler,1999 Investigates the characteristics of perfectionistic gifted adolescents in a rural middle school how they perceived their perfectionism the influences on their perfectionism the consequences of their perfectionistic behaviors in the context of their rural middle school experiences Qualitative quantitative methods of data collection were employed to gather data from 20 gifted adolescents identified as having perfectionistic tendencies Semi structured interviews record document review self report teacher survey participant observation were used to identify factors that may influence the perceptions behaviors of this population When Good Enough is Never Enough Steven J. Hendlin,1992 All of us can relate to the feelings of inadequacy guilt and frustration that accompany the belief that our best effort just isn t good enough For perfectionists these never enough feelings may be a constant painful companion goading them to work harder without satisfaction or standing in the way of their making an effort because no result will be worthy In *When Good Enough Is Never Enough* clinical psychologist Steven J Hendlin Ph D

explores how perfectionism is so deeply and unconsciously ingrained in our achievement oriented culture that everyone suffers from its consequences Through absorbing and provocative case histories drawn from nearly twenty years of clinical practice Dr Hendlin demonstrates the various perfection traps the desire to shape the perfect child work perfectionism and the driven perfectionistic boss and company competitive perfectionism at play marital and sexual perfectionism and the search for the perfect relationship and the emotionally and sometimes financially ruinous yearning for the best material objects Dr Hendlin explores the various social psychological and religious causes of never enough perfectionism Such problems as stress stifled creativity and dissatisfying relationships are examined along with their solutions When Good Enough Is Never Enough offers us a way out of the perfection trap showing how we may transform the energy that has gone into perfection seeking into a more moderate healthy and satisfying pursuit of excellence Emotional and physical problems related to perfectionism are examined including anxiety and depression stress related diseases obsessive compulsive tendencies eating disorders and addictions And various exercises are presented to help combat perfectionistic thinking and behavior Dr Hendlin teaches us how to live with perfectionistic partners parents siblings and friends He offers us a clear alternative path toward excellence that is not driven by anxiety fear guilt or regret

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