

CAUSES & CONSEQUENCES OF PERFECTIONISM*



CAUSES	CONSEQUENCES
Failure to Meet Expectations: Ours, parents, God's & everyone else's	Unable to meet the expectations of everyone else and myself (real or imaginary), I self-medicate with pornography, promiscuous sex, drugs, alcohol, food, etc., to compensate for my failures.
Alcoholism or Chemical Dependency in family of origin	Guilt & Shame: We feel guilty because we have done something wrong. We feel shame because we believe we are worthless.
Divorce	Those who come from divorced families struggle with their sense of self-identity, and to know and be known, they feel the need to be successful at everything. Because they feel they are not successful they experience anxiety, depression, mood-swings, angry outbursts, and failed relationships.
Religious Practices	Acceptance = Performance + Perfection. For God to accept me and members of my church family, I must obey His commands (performance), and I must do so perfectly so that He and others might accept me.

*Richard Winter. *Perfecting Ourselves to Death: The Pursuit of Excellence & The Perils of Perfectionism*. IVP Press. Downers Grove, IL. 2005. (Pg. 30). *Not an exhaustive list.