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“No one is meaner than the person who is mean to herself.”
Renaissance Spiritual Director

Perfectionism: a self-sabotaging belief

Q: How can we do better than striving to be perfect?

A: By accepting and loving ourselves as we are.

Q: How can we have better relationships?

A: By accepting and loving others as they are.

Dr. David Burns lists perfectionism, with its over-focus on achievement, as a “self-sabotaging belief” that leads to living a life of self-loathing, stress, anxiety and depression. Striving so hard to be perfect often leads to making more mistakes. Pushing others to be perfect usually pushes them away from us.

Dr. Burns references 3 core self-sabotaging perfectionist beliefs:

- 1. “I must never fail or make a mistake.”**
- 2. “People will not love or accept me if they know I am flawed and vulnerable.”**
- 3. “My worthiness depends on my achievements, intelligence, talent, status, income, looks.”**

If you’re feeling the pain of perfectionism, follow this wisdom and be at peace:

*“Be patient with everyone,
but above all with yourself.
...do not be disheartened by your imperfections...”* Francis de Sales

“Love others as you love yourself.” Jesus