



Perfectionism Linked Relationship Troubles

by [ItsCheating](#) on March 7, 2012 in [Intimacy](#)

Healthy relationships need two things: respect and intimacy. Without these key components, any relationship is bound for trouble. A recent study showed that perfectionism starts a viscous cycle involving depression and turmoil in intimate relationships.

Sean P. MacKinnon at Dalhousie University's department of psychology performed a study of more than 200 couples to look at how perfectionism directly affected their relationships. His findings were discussed in a recent health article.

After looking over the results, MacKinnon feels that while cycles of an unhealthy relationship are a burden, it doesn't necessarily mean its over. If the perfectionist partner tries to understand those specific traits and how it correlates with depressive symptoms, a treatment plan can be put in place to alleviate some of those emotions.

Depression and perfectionism have similarities, however perfectionism seems to be a precursor to depressive symptoms. When it comes to relationships that are romantic in nature, those feelings of perfectionism can lean toward actions of criticism, resentment and even hostility.

It's obvious that these emotions aren't well suited for establishing a healthy and respectable romantic relationship. This relationship thrives on intimacy and the ability to resolve conflict.

During the cycle, if in fact depression has already set in, this can cause even more problems in the relationship. Finding a balance has to be the answer. The physical and psychological benefits that we as human beings get from being in healthy and intimate relationships are very beneficial.

Being able to appropriately identify the symptoms of perfectionism and then depression can help find resolve and reduce the feelings of imperfection and conflict. MacKinnon found in his study that when perfectionism was not satisfied, the couples fought more and engaged more feelings of depression. It was a simple form of cause and effect with a conflict.



No comments yet.

Leave a Reply

You must be [logged in](#) to post a comment.



Find us on Facebook



It's Cheating



5,099 people like **It's Cheating**.



Brenda



Roberto



Brad



King



Alexita



Faye

Facebook social plugin



Comment using...

Facebook social plugin

Add me on Google+



It's Cheating

Add to circles

In 16 people's circles

FIND A TOPIC

Select Category

IT'S CHEATING TWEETS

Your Porn Addiction Is Officially Bad For You -

<http://t.co/5uo7oMnL> about an hour ago

Erectile Dysfunction: Why it May

Be a Sign that He Really is into You - <http://t.co/9Jiez4gF> about 17 hours ago

Obstacles in Treating Women with Relationship and Sexual Addiction by [@robweissmsw](#) at <http://t.co/ytwBDmRH> on [@psychcentral](#) about 20 hours ago

Join [@robweissmsw](#) for his Sex, Sexting and Porn Addictions in the New Media Frontier presentation on June 21st in OK - <http://t.co/W6DC2R6e> about 22 hours ago

Are You Addicted to Porn? See How You Compare to This Study - <http://t.co/cdmcvdX3> 1 day ago

Follow [@itscheating](#) on Twitter

TAGS

celebrity cheaters
cyber cheating
cybersex infidelity
infographic online dating
online relationships
pornography recovering
from an affair romance
addiction sex
addicts sexting sexual
trauma signs of cheating

OTHER ADDICTION READING

[Drug Rehab Centers](#)
[Drug Rehab Treatment](#)

RELATED BLOGS & SITES

[Addiction Treatment](#)
[CyberSexual Addiction](#)
[Love Addiction Treatment](#)
[Rehab Center](#)
[Sex Addiction Treatment](#)
[Sex Addiction Treatment Program](#)
[Sexual Addiction](#)