

# How to be happier with the one you love

by Mark Tyrrell

Key **psychological** tools  
for building better relationships  
in an imperfect world

Steps 1 and 7 from the course **10 steps to  
overcoming insecurity in relationships**



# How to be happier with the one you love

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Mark Tyrrell

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## A word from the author

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Hi, I'm [Mark Tyrrell](#) of [Hypnosis Downloads](#), and I am the author of '[10 steps to overcoming insecurity in relationships](#)'.

Life is uncertain, and the people in our lives unpredictable. We all want to be happy, and we want to be happy with the one we love. But anxiety can creep in, and our worries then affect our behaviour, and the next thing we know, the one we love has departed for pastures new...

But you *can* become wiser and stronger emotionally, and give yourself a better chance of happier, healthier relationships in the future, whatever has happened in the past.

We've pulled together the latest research on healthy, stable relationships and matched it with cutting-edge hypnosis sessions to create the perfect way to equip yourself to build, enjoy and sustain good relationships.

**How to be happier with the one you love** contains extracts from '[10 steps to overcoming insecurity in relationships](#)' and shows that it is possible for you to begin to deal with your relationships in more emotionally intelligent ways.

I hope this free excerpt from the course will show you just why you can look forward to being able to relax and enjoy yourself more in the relationship that matters most.

You can [read more about the full course here](#).

All the best

A handwritten signature in black ink, appearing to read 'Mark'.



## Where do you start?

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*It is when we all play safe that we create a world of utmost insecurity.* **Dag Hammarskjold**

Who do you *most* want to feel safe and secure with?

The person with whom you have the closest relationship, of course.

Your lover, your partner, your spouse.

### Everybody wants to feel secure

We all want to feel safe – to have the feeling that there is nothing to worry about.

At the top level we'd like to feel safe as a **society**, as a nation.

We'd like to feel safe in our **neighborhood**.

And in our **private lives** we'd like to feel safe with our partner or lover.

We'd like to feel *sure* that they will love and appreciate us, be tender and kind, be faithful and loyal to us, understand and accept our foibles and weaknesses and generally act as if our wellbeing and happiness is a top priority.

It takes a great deal of energy and ingenuity to make public security a reality. We have complicated political and social structures whose whole purpose is to keep us safe. We have law and order systems to manage and control, at least to some degree, our base human tendency to exploit each other at every turn. None of these structures or systems is perfect, and trouble does break out, as you can see on the news every day.

But at least we have *some* sort of agreed and reasonably reliable processes for delivering *some* more or less acceptable level of security.

It's another story when it comes to what goes on between two individuals.

## Security for couples

Yes, every society has marriage and courtship customs and laws, but these only provide an *outer* framework, regulating how a relationship works as part of larger society. These customs don't help you much with what goes on *inside* a relationship.

Every time you get together with another person, no matter how 'in love' you are, the two of you have to work out for yourselves how you're going to 'feel safe' with each other, how you're going to relax and trust each other.

You'd think that after all these millennia of human progress we would have worked this out by now! That there'd be a rule book you could follow!

Well, there isn't.

All we have are some principles, which you have to figure out how to apply in your particular circumstances.

## More is less – less is more

And perhaps the most important of these principles is the one I've quoted at the top of this introduction. Hammarskjöld was speaking about society, but his words are just as true for you and me as individuals.

Trying to make everything perfectly safe ends in making everything deeply unsafe.

You have to ask what the 'safety', the 'security' we seek is *for*.

Sometimes we can concentrate so hard on how much we want to *feel secure* that we make *security* itself the goal. However, what we really, truly, want is to be *happy*. When 'security' becomes the one and only goal, 'happiness' can get thrown out of the window.

"But, but, but..." I hear you say, "I want to be happy *and* secure!"

Of course you do.

The paradox is that one thing the millennia of human progress *have* established is that the more uncertainty and insecurity you can tolerate in life, the more *secure* your chances of experiencing real happiness. Not *absolutely certain*, but so much more likely.

## Grin and bear it?

So should you just learn to *put up* with feeling insecure in a relationship, with all the distress of constant anxiety and fret, feeling haunted by obsessive thoughts, falling into jealous or controlling behaviors, or suppressing real feelings and needs in case you 'rock the boat', and generally being unable to relax and enjoy what you have? And just hope that it's all going to be okay?

Not at all.

If you are feeling insecure in your relationship, a number of possible, and perhaps overlapping, things may lie behind it.

For example (not an exhaustive list):

- you are not right for each other – just not a good fit
- other stresses in life (money, health, family, jobs, and so on) are affecting the relationship
- your partner's *actual* behavior and/or attitudes are detrimental to you (or yours to them)
- you or your partner (or even both of you) are afflicted with perfectionism, so nobody can ever be considered satisfactory
- you may be giving too much weight to the relationship as the source of all happiness and meaning
- you may have acquired insecure 'habits' – perhaps because of previous experiences, or through the example of others.

While you're busy feeling wretched about it all, it can be very difficult to tease out what exactly is going on.

Are you *really* not right for each other, or is it just your insecurity habit talking?

Is your partner being grumpy and unpleasant because they don't love you any more, or because things are very stressful at work?

If one partner's behavior is seriously detrimental to the other, it could be time to end this relationship – but are you too scared to do that because then it would mean you wouldn't have *any* relationship?

And even supposing you could answer these sorts of tricky questions satisfactorily, and act upon them appropriately, will it mean that *then* you will definitely be happy *and* secure?

No. But oh boy, how your chances will have improved!



And that's why we've put together the **10 steps to overcoming insecurity in relationships** course.

We've looked closely at the behaviors and attitudes that make relationships more stable and secure or more rocky and uncertain. And we've developed a structured program that pulls together the latest psychological research into well-functioning relationships and combined it with **carefully selected hypnosis sessions** to enable you to begin to make **real** changes in how you approach your own relationships that will make a real difference.

Learning how to manage and adapt your own emotional responses and understand what you and your partner really need in order to have a happy and stable relationship will transform your life.

### Interested? Read on!

**How to be happier with the one you love** aims to give you a real taste of what's in the [full 10 step course](#).

And not just a few paragraphs.

As well as this introduction, you have

- the **full** text of Step 1 – **Understanding insecurity in relationships**
- the **full** text of Step 7 – **Loving your imperfect partner**
- PLUS the **full** text of the article '*Overcome perfectionism*'

You won't find the practical exercises or the hypnosis sessions and assignments (available when you acquire the [full 10 step course](#)) but otherwise you have all the material included in these steps.

I believe you'll find them invaluable.

**Mark**

## Understanding insecurity in relationships

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[Step 1 of **10 steps to overcoming insecurity in relationships**]



*My possessiveness and fear of losing her brought about the very condition I feared: the losing of her.* **Film star Cary Grant** (reflecting after his first wife divorced him)

You know what it's like. Your stomach churns, full of dread. You feel that everything hangs by a thread, and any moment it could all come tumbling down. You 'walk on eggshells', worrying that you might say or do the 'wrong thing'. And then you'll be rejected.

It's no way to live, is it? Or love.

Insecurity in relationships, when it gets out of control, brings misery to both sides.

Fear and exhaustion – fear of losing the one you love, exhaustion from constantly wondering what's going on in their head – create tensions within your relationship that actually make you *expect* it not to work.

And we all know how powerful and self fulfilling expectation can be.

### The signs of a problem

Feeling insecure *some* of the time, especially in the early days of a relationship, is perhaps natural. It takes time to 'settle' in any relationship, and establish it securely. A lot of negotiation has to happen, and the fact that you love each other doesn't automatically make that easy.

But signs that your insecurity is becoming a problem include:



- constantly feeling that “it’s too good to last” when things are going well, and so being unable to fully enjoy the good time through fear of what might be
- always imagining that something’s wrong or that you’ve somehow upset your partner
- continually wondering or asking what your partner is thinking
- often being told by your partner that you have ‘misinterpreted’ what they say or mean
- feeling like you are not ‘good enough’ for your partner and perhaps questioning why they are even with you
- not believing your partner when they try to reassure you or tell you they love you
- disregarding evidence that things are okay and instead focusing on what doesn’t work so well and amplifying that in your mind – selective perception
- feeling insecure when your partner is around people you fear they may be attracted to
- wanting constant contact – feeling that if your partner hasn’t texted or called or suggested you meet up it must mean they have cooled towards you
- feeling and acting ‘clingy’
- feeling depressed and hopeless that the insecurity is taking over and causing or about to cause serious problems

- having a history of insecurity causing problems in past relationships.

Now some of this sometimes probably creeps into most relationships but when this level of insecurity is a *major* feature of your 'relationship style' much of the time, then it will inevitably cause problems for both of you until you start to change it.

## How relationship insecurity drives partners away

Insecurity hurts the person suffering from it, of course. But it can be just as difficult for their partner. As you know (and as even the suave Cary Grant discovered to his cost), insecurity in a relationship makes us *demanding*. Our insecurity comes from anxiety, and we seek to relieve this anxiety with reassurance. You might not *mean* to be demanding, but this is the effect.

When your partner feels *pressured* to be with you (to avoid over-emotional reaction from you) then being with you starts to feel like an obligation, even a chore, rather than a pleasure for them. They may start to *feel* manipulated – *even though this is not your* intention. And, of course, the more anxious and demanding of reassurance you become, the more likely, even natural, it would be for your partner to withdraw a little emotionally, to protect themselves. Which, in turn, could lead to you feeling even more insecure.

And yes, relationships can and do break down because of insecurity.

It's tough for the partner of a very insecure person to have to be constantly reassuring, to constantly have their reassurance doubted or rejected, to be constantly questioned about their every thought and deed.

In fact, it's tough for them to be with someone who is, at heart, pessimistic about the relationship.

One of my clients who was in a relationship with someone very insecure told me what the experience was like:

*"I am constantly being monitored for what I say, and the expression on my face. If I say something that might be taken as a sign that I don't care, or would rather not be with my partner (and just about anything I say can be taken this way!), then the whole day can be ruined..."*

So why might you have become so insecure in your relationship?

## Reasons for relationship insecurity

Emotional insecurity can come about for all kinds of reasons (and many of these will be addressed on this course). Early abandonment or constant threat of abandonment

by parents or other significant people, for example, can condition us to feel as if catastrophe and relationship collapse are always just around the corner.

When we truly expect something to happen, then we are constantly on the lookout for signs that it *is* happening.

The hypochondriac expects illness to beset them and will, therefore, be looking for signs they are sick. And because they are *looking* for symptoms, they will often find them, even when they are in perfectly good health. When we feel insecure we will find (or convince ourselves we have found) 'evidence' that there are problems, even when they're aren't. This is how insecurity spoils relationships.

Other roots of insecurity may be abusive past relationships or having been heartbroken by the end of a previous relationship, especially if you felt everything was fine before the relationship came to an end.

Relationship insecurity is, in a way, a chronic distrust of the stability of good things in life and a fear and expectation that everything goes wrong eventually – especially if you really value it.

People may also become insecure in their relationship if they are:

- *insecure about other aspects* of their life (such as their finances, or looks, or intelligence)
- *stressed by their current circumstances* – as stress and worry can 'leak' into their relationship.

I want this course to help you do more than just recognize reasons why you might have become so insecure. Finding the cause(s) can be interesting, but doesn't usually help you *change*.

Through doing this course, I hope you will genuinely start to feel more secure and *optimistic* not just in your relationship but also in knowing that, whatever the future holds, you will survive and potentially thrive.

## How to become less insecure in your relationship

Any relationship can fail. Marriages break up all the time and so do romances of all types. This is a fact of life. The problem is that people who are desperately insecure tend to feel that if their relationship ends, then *everything* ends. They *know* this isn't true but they *feel* as if it is.

Loving your partner but feeling pretty sure that *whatever happens in life you'll handle it* may not seem as romantic as feeling that "I can't possibly live without you!"

But it is a lot more practical and ultimately a healthier attitude for any relationship.

So to feel more secure, paradoxically, you need to be more aware and accepting of the reality that, yes, this relationship *could* end, but you will deal with that *if* it happens.

And in the meantime you can enjoy your time with this person – however long that might be.

That may sound like a tall order to you right now.

But take heart. When you have deeply absorbed what I've been writing about here, it will start to feel naturally and inwardly right for you.

## Loving your imperfect partner

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[Step 7 of **10 steps to overcoming insecurity in relationships**]



*It is the mark of an educated mind to be able to entertain a thought without accepting it. Aristotle*

One very common feature of relationship insecurity is ‘all-or-nothing thinking’.

You know the kind of thing: if it’s not **perfect** then it’s a **disaster!**

If you really have been feeling insecure about how things are in your relationship, this would have meant you would have been operating out of your ‘emotional brain’ more often.

### The emotional brain

The emotional part of the brain (sometimes referred to as ‘the limbic system’) is primarily concerned with ‘survival’ responses – doing what’s necessary to keep you alive.

The reason why it tends to favor all-or-nothing, black-and-white perceptions is that it’s basically aligned to the ‘fight or flight’ response. This is the mechanism that evolved to help us panic and respond appropriately to genuine physical emergencies.

More reasoned, *non*-emotionally-driven thinking is more capable of seeing different alternatives and perspectives, and doesn’t just do one extreme or the other.

Examples of all-or-nothing emotionally-driven thinking in the context of insecurity in relationships include:

- “My partner doesn’t look happy. They **must** want to end the relationship!”

- “If this date doesn’t go **absolutely** perfectly then it’s going to be a **complete disaster!**”
- “Right! That’s it! We’ve can’t agree about something; we **might as well quit now!**”

If something is not completely *one thing*, then it must be the *total opposite*. This way of thinking, as applied to relationships, will trip you up.

And what has this got to do with loving your imperfect partner?

## Rejecting imperfection – fast track to unhappiness

Feeling insecure in life doesn’t just make people fear being rejected. It can also make them more *prone* to rejecting others. If someone isn’t ‘perfect’, then they are no good at all!

The truth is that being over-rejecting like this is a common behavior in those who fear being rejected themselves. There are two drivers for this:

- an “I’ll dump before I get dumped” attitude – by rejecting first you feel more in control
- emotionally-driven all-or-nothing thinking – if your lover isn’t *exactly* how you want them to be, then they have *nothing* to offer you.

Now (even if you don’t think you are particularly rejecting or judgmental of your partner) I’d like you to do the following exercise.

### Exercise • Is this possible?

*[Available in 10 steps to overcoming insecurity in relationships]*

## On loving your imperfect partner

Just as *you* don’t have to be ‘perfect’, without any faults at all, for your partner to respect and love you, so too it’s vital for you to reflect regularly that *your partner* also, however wonderful they may be, is human.





Compromising with your partner's imperfections  
doesn't mean not having any standards for them

When you love someone, you love *them*. But this doesn't have to mean you *like everything about them*.

If they exhibit imperfections and flaws that you don't like here and there, this is *not*, in itself, an indication that the relationship is 'going nowhere'.

And this brings us to a vitally important point.

Do you love your partner – or just a fantasy you've invented?

### Love, fantasy and revenge

We all do this to some extent. We meet someone, we become attracted to them, fall in love. And what do we do next?

We *filter* all incoming information about this person to *fit our fantasy* of them.

So characteristics, mannerisms and habits that we're going to find seriously annoying three years in are 'cute' and 'adorable' in those early days of being in love.

We build a *fantasy* around the person we are with – and then get annoyed with them when it turns out they don't exactly fit it.

This is like imagining exactly what a new place will be like without having seen any pictures of it, and then getting angry when you get there and find it's nothing like what you imagined.

'Punishing' someone as a kind of revenge for them not living up to your fantasy is the height of unfairness.

We all love the image we create of our loved one. But then we need to be able to move beyond this to love the person for who they *really* are – 'warts and all'.

Successful loving, long term, means respecting your partner, but also *accepting* their imperfections.

(Of course, it's possible to find yourself in a relationship where the imperfections are so serious – uncontrolled aggression, for example, or manipulation – that the relationship becomes untenable, but that is not what we are talking about here.)

If you genuinely like *most* things about your partner, then you need to be able to focus on and appreciate those qualities, and not 'throw the baby out with the bathwater' on account of minor irritants and annoyances.

## Article • How to overcome perfectionism

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### 7 practical tips to escape the tyranny of perfection

I've never been comfortable around people who don't suffer fools gladly - like my cover's going to be blown or something. Maybe you don't suffer 'fools' gladly, even (especially?) when you feel yourself to be one.

Perhaps you're prone to perfectionism, hence your interest in this piece. Quite rightly, you sometimes think, you want the best in all things at all times, which superficially sounds reasonable, right? Presumably, you also want the best for your mental health, too.

If you really are a perfectionist, you've probably already found it troublesome; possibly even a deal-breaker in some instances - a royal road to disappointment and anguish, not to mention impaired relationships.

But why's it wrong to strive for perfection? After all, if we shoot for the stars, we might land on the moon, right? Why would you even want to overcome perfectionism, to rise above the sloppy masses?

### Perfectionism vs. the uncomplicated pursuit of excellence

Oh, come on, you're way ahead of me. It's not the worthy striving for excellence that's the problem, it's the distress caused by perceived failure that's so undermining. The unpalatable fact is that perfectionism makes for less effectiveness, not more. One reason is that perfectionists blithely throw the baby out with the bathwater (or, as we'll see, the tennis racket into the net) more often by quitting earlier if perfection isn't immediately forthcoming.

Perfectionists also tend to procrastinate, because there's an understandable unwillingness to begin projects knowing you'll feel overwhelmingly pressured for them to be absolutely perfect.

All this is bad enough, but what does perfectionism actually cost you in terms of wellbeing?

### **The dark side of perfectionism**

*“There I was, in this tennis final. I was playing a boy three years older with a lot more experience! I lost by just a couple of points, but after slamming my racket into the net and refusing to shake his hand, I never picked up a tennis racket again!” (Craig, recovering perfectionist.)*

There you are, exit baby with said bathwater.

One of the first definitions of perfectionism (1) was: “the practice of demanding of oneself or others a higher quality of performance than is required by the situation”.

*“A phobia of making mistakes!” is how Craig described his attitude. “Perfectionism is screwing up my life and relationship! I was a child perfectionist - if I made one mistake in schoolwork, it was never good enough to just erase it; I had to rip up the whole sheet. I was running the New York marathon recently and it was clear I wasn’t going to beat my best time, so I just stopped - even though it was for charity.”*

Relationships tend to be damaged because the poor folks who enter the orbit of the perfectionist may come to feel bullied, enslaved by the demands of what they perceive to be a chronic control freak. The perfectionist may not intend to bully, but bully they do.

Craig described how his lack of flexibility in the standards he imposed upon himself and others had ‘ruined’ his life. How relationships had floundered as partners couldn’t take the pressure of his impatience and intolerance. How he’d started, then abandoned, all kinds of activities, even when others said he had talent.

The fact is that, for the perfectionist, just about everything ultimately leads to disappointment, which is profoundly depressing. Nothing is ever really good enough. Even victories and other successes can be seen as imperfect and mistake-ridden: “Sure, I won, but I could have played better!”

It’s the inflexibility that’s a problem.

Seeing imperfection all about and constantly crashing against the rocks of harsh reality isn’t too great for self-esteem or relationships, it’s clear. But it also seems that perfectionism can be positively bad for your mental health.

Another definition states perfectionism to be: “a pathological pursuit of usually unobtainable high standards that is strongly linked to anxiety, depression (2), and eating disorders (3)”. A pathological concern with wanting to ‘be perfect’ can lead to worry, regret, fear of the future (with all its possible failures)...no wonder it seems correlated with depression.

If a tendency for perfectionism might be an indicator of vulnerability to depression and other psychological conditions, then we can presume that overcoming perfectionism may help protect us from poorer mental health. The first step to overcoming perfectionism is to truly understand it.

But surely being a perfectionist can't kill you, can it?

### **Overcome perfectionism and live longer?**

Some research in 2009 (4) also linked the trait of perfectionism to increased likelihood of premature death! Presumably because of the massively increased stress perfectionism inflicts. So, overcoming perfectionism may help not only your mental health, but also *your very physical survival*.

One of the tyrannies of perfectionism is the way that it narrows focus to all-or-nothing levels; this has consequences.

### **No middle ground - but reasons for hope**

A perfectionist will see reality in simplified all-or-nothing ways. There is 'perfect' and then there is 'useless'. No gradation. 'Good enough' doesn't tend to figure. This overly simplistic black-or-white perception is also a characteristic of depression, anxiety conditions, and eating disorders such as anorexia and bulimia; hence the seeming correlation with these conditions.

Perfectionism is built upon a pile of assumptions as to how the world works - or rather, how it *should work*. Where do these assumptions originate?

### **Where does perfectionism come from?**

Attitudes are infectious. A tendency to see what's wrong rather than right is key to perfectionism (and also a key characteristic of depression). It's so clichéd to always 'blame' the parents, who in turn were products of *their* parents, and the blame game doesn't solve problems; but it also seems true (5) that parenting styles play a role. You may be more likely to suffer perfectionism if:

- You had hyper-critical or demanding parents.
- Your parents/teachers were quick to point out your mistakes; slow to give credit.
- You had parents or other relations who placed huge expectations on you and seemed to value you purely through your achievements.
- Your parents had perfectionist standards for themselves.
- You had no or little parental approval or even any feedback at all and therefore have no yardstick to tell whether what you do is ever good enough.

But regardless of why perfectionism arose, these tips will help you achieve more by actually caring less and seeing the bigger picture. When you don't sweat the small stuff or the big stuff, then life becomes more exciting, rewarding, and adventurous.

### **Tip 1: Cut some slack for yourself**

When you approach a staircase, you don't leap the whole flight in one bound. Don't then expect to win or succeed straightaway. Craig's childhood perfectionism didn't allow him to see coming second to an older boy in his tennis final as *relative* success, a vital step on the way to greater things. He'd expected to bound up the whole staircase in one.

Cut back on things that need to 'be perfect'. Is it really vital to have every CD in your collection perfectly aligned or all your books spaced exactly evenly from one another?

### **Tip 2: Cut slack for others**

Being a perfectionist and inflicting that on others is really a way of trying to control people. People don't like feeling controlled or coerced all the time, even if you do 'know best'.

Remember people are who they are, regardless of how you feel they *should* be. What makes us human are our foibles and, yes, weaknesses. Don't be an unintentional bully.

### **Tip 3: Learn to see life in all its shades**

Learn to think in gradations: Do you really think anything less than 100% is zero? Over-simplified all-or-nothing thinking isn't a perceptive, sophisticated, or accurate way to evaluate much of life. The brightest people can do the dumbest things *sometimes*; most things are relative. Save your black-or-white thinking for the really simplistic situations of life (such as whether to jump from the path of an upcoming juggernaut!). Recognize what's good enough and move on.

### **Tip 4: Develop humour**

All dictatorships hate humour - Hitler famously had stand-up comics banned. Ahem. I'm not comparing you to him, of course, but my point is that humour is flexible in that it enables us to see beyond rigid, fixed viewpoints. Often, perfectionists fail to see the funny side. If you are a perfectionist, you may have even been accused of a sense-of-humour failure on occasion.

A ready sense of humour depends on being able to shift perspective quickly, which is essential when things don't work out exactly as you'd hoped. Hang out with and learn from funny, relaxed people.

Who was it that said: "Life is too important to take seriously"?

### **Tip 5: Remember mistakes are not catastrophes. Well, not usually...**

Be brave and accept that mistakes happen and, let's take it further, that they *should* happen. Not making mistakes means never having the opportunity to truly learn and develop. In some contexts, mistakes can even be encouraged so we can move beyond them more quickly. Learning music requires lots of mistake making (at least in my imperfect experience).

Only fear mistakes if you are a bomb disposal operator or a parachute instructor.

### **Tip 6: Don't use perfectionism as a reason to procrastinate**

Because making mistakes isn't a mortal sin (in fact, some ancient cultures felt that perfection was a sin because it displayed hubris and challenged the gods), don't fear mistakes or use the possibility of imperfection as an excuse not to start things. If a journey is worth making, then false starts and temporarily getting lost matter little if the final destination can still be achieved.

### **Tip 7: Stop over-applying negative outcomes**

If you miss a shot in tennis, does that one mistake make you a total idiot?

This is as silly as someone doing one nice thing and you proclaiming them to be a 'total saint'.

Psychologists call this 'globalizing' and it's a hallmark of intolerance. People with low self-esteem, for example, are intolerant of themselves.

As I said, intelligent people do dumb things, but are still *generally* bright. Decent people may occasionally be less than kind, but are still *generally* good people. Shooting people on the spot for minor transgressions is the kind of thing that happens in barbaric concentration camps; it doesn't need to be a 'strategy' you employ.

Ultimately, perfectionism produces a chronic fear of failure and this comes about from failure (yes, I get the irony) to see success as relative.

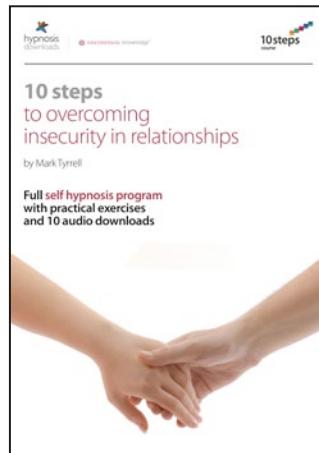
Personally, I feel that a 'perfect person' would seem rather imperfect. As Goethe once proclaimed: "Certain flaws are necessary for the whole. It would seem strange if old friends lacked certain quirks."

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## Notes

- (1) Hollender (1978).
- (2) Nadich, M., Gargan, M. and Michael, L. (1975). Denial, anxiety, locus of control and the discrepancy between aspiration and achievement as components of depression. *Journal of Abnormal Psychology*, 84, 1-9.
- (3) Bardone-Cone, A.M., Wonderlich, S.A., Frost, R.O., Bulik, C.M., Mitchell, J.E., Uppala, S., Simonich, H. Perfectionism and eating disorders: Current status and future directions. Department of Psychological Sciences, University of Missouri-Columbia, Columbia, MO, USA.
- (4) See '[Perfectionism Linked to Early Death](#)'.
- (5) According to Barrow, J.C., & Moore, C.A. (1983). Group interventions with perfectionist thinking. *Personnel and Guidance Journal*, 61, 612– 615.





A powerful 10 step course that uses hypnosis to program your unconscious mind to develop emotional skills and strengths. [Find out more.](#)

## **10 steps to overcoming insecurity in relationships**

*Full self hypnosis program with practical exercises and 10 audio downloads*

### Introduction

- Step 1 Understanding insecurity in relationships
- Step 2 Overcoming jealousy
- Step 3 Stopping obsessive thoughts
- Step 4 Overcoming fear of rejection
- Step 5 Overcoming fear of abandonment
- Step 6 Giving your partner space
- Step 7 Loving your imperfect partner
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- Step 10 Being more romantic