

**Married To A Perfectionist:: Coping With A Spouse Who  
Has OCPD (Obsessive Compulsive Personality Disorder)  
(Transcend Mediocrity Book 14)**

**By J.B. Snow**



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Dealing with Perfectionism by Guest Comment 0 T here is nothing that can stop a mom in her tracks like perfectionism. Laura Delgado has been married to her <http://theendinmind.net/dealing-with-perfectionism/>

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Excerpt: "Hello there. I am glad you're here. You are struggling with an OCPD spouse who is driving you crazy. You want to be carefree and spontaneous. But at home <http://new.ereaderiq.com/dp/B00Y8LMHK8/married-to-a-perfectionist-coping-with-a-spouse-wh/>

He is a very tough to deal with perfectionist. I'm very type B, help with perfectionist husband you must decide how you're going to cope with it. <http://www.enotalone.com/forum/showthread.php?t=210171>

Can we unlearn perfectionism? Being Too Perfectionist Can Ruin a Marriage. Can we unlearn perfectionism? Post published by Carl Alasko Ph.D. on Dec 14, <https://www.psychologytoday.com/blog/beyond-blame/201112/being-too-perfectionist-can-ruin-marriage>

Sometimes your spouse s perfectionist quarks can drive you up the wall. When we were first married, well, it took me a while to realize that this is wonderful. <http://www.hitchedmag.com/article.php?id=975>

Coping With a Four-Year Old Perfectionist Momtastic.com is a property of TotallyHer Media, LLC, Married Life; Relationship Advice <http://www.momtastic.com/parenting/169940-coping-with-a-four-year-old-perfectionist/#!>

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<http://www.amazon.com/Married-Perfectionist-Compulsive-Personality-Mediocrity-ebook/product-reviews/B00Y8LMHK8>

Dealing with Change. Parents responsibilities; Children s rights and responsibilities; What changes to expect; Dealing with abuse in the home; Resources;

<http://parents.familieschange.ca.gov/dealing-with-change>

If you are someone who lives with a person who is a perfectionist, then these tips are for you. Read on and see how you can make the most out of your situation.

<http://www.howtodothings.com/health-fitness/how-to-live-with-a-perfectionist>

Jul 22, 2009 Dealing with a perfectionist boyfriend-I feel I'm not good enough for him? I know I have so much to offer-loyalty, I have been married for 25 years.

[https://answers.yahoo.com/question/index;\\_ylt=AwrBT7IW6cFV79EAXiRXNyoA;\\_ylu=X3oDMTBzOTUxYnNmBGNvbG8DYmYxBHBvcwMyNQR2dGlkAwRzZWMDc3I-?qid=20090723021127AAxR4XV&p=married%20to%20a%20perfectionist%20coping](https://answers.yahoo.com/question/index;_ylt=AwrBT7IW6cFV79EAXiRXNyoA;_ylu=X3oDMTBzOTUxYnNmBGNvbG8DYmYxBHBvcwMyNQR2dGlkAwRzZWMDc3I-?qid=20090723021127AAxR4XV&p=married%20to%20a%20perfectionist%20coping)

Dr. Phil has galvanized millions of people to 'get real.' Controlling Spouse? 08/01 Perfectionist Moms.

<http://www.drphil.com/messageboard/topic/3200/30/>

When an individual is caught up in the bondage of perfectionist striving, mutually satisfying marriage and more interested in chasing the elusive rabbit in his

<https://www.psychologytoday.com/blog/the-joint-adventures-well-educated-couples/201209/how-perfectionism-hurts-relationships>

Most people spend their early life avoiding symptoms and developing techniques to avoid dealing with these strenuous Perfectionism is a life enduring trait in

[http://en.wikipedia.org/wiki/Obsessive%20%80%93compulsive\\_personality\\_disorder](http://en.wikipedia.org/wiki/Obsessive%20%80%93compulsive_personality_disorder)

Whether the perfectionist is a parent, partner, or roommate, the following steps will make it more tolerable. Cope With a Controlling Parent. How to

<http://www.wikihow.com/Live-With-a-Perfectionist>

Search the history of over 430 billion pages on the Internet. Featured All Texts This Just In Smithsonian Libraries FEDLINK (US) Genealogy Lincoln

[http://www.archive.org/stream/NEW\\_1/NEW.txt&id=201%22](http://www.archive.org/stream/NEW_1/NEW.txt&id=201%22)

A full-length book on dealing with grown children who haven't turned out the way Marriage's Invisible How to Love a Perfectionist; Love and Intimacy. Intro to [http://www.support4change.com/index.php?option=com\\_content&view=article&id=131&Itemid=177/4/09.html](http://www.support4change.com/index.php?option=com_content&view=article&id=131&Itemid=177/4/09.html)

Family or Marriage in Crisis? Are you inadvertently teaching them how to become a controlling perfectionist just like you? Dealing with Control Issues; <http://drphil.com/articles/article/320>

Perfectionism can be a virtue in the pursuit of excellence and mastery, This can be a powerful approach to dealing with perfectionism. [http://www.selfgrowth.com/articles/dealing\\_with\\_perfectionism](http://www.selfgrowth.com/articles/dealing_with_perfectionism)

How to Cope With a Controlling Parent. A controlling person is a perfectionist, job, marriage, kids, etc.) <http://www.wikihow.com/Cope-With-a-Controlling-Parent>

Dec 07, 2014 So what if I m a perfectionist? December 8, 2014 December 8, 2014 Aurora Uncategorized Blog, College, Coping, Diary, Freud, Life, Mental Illness, <https://motivatedmisfit.wordpress.com/2014/12/08/so-what-if-im-a-perfectionist/>

My husband is an angry perfectionist. I have been married for thirteen but he is a perfectionist to the extreme. He has a very difficult time coping with little <http://powertochange.com/life/perfectionist/>

I have been married to a man for 20 years and have finally come to the conclusion that I feel he suffers he is a perfectionist; Dealing Constructively With <https://www.mentalhelp.net/advice/perfectionist-husband/>

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Home Relationships 5 ways of dealing with Workaholic you have given me insight into what it would be like to be married to a workaholic who makes no <http://www.instah.com/relationships/5-ways-of-dealing-with-workaholic-husbands/>

Best answer for how to help a perfectionist com/article/married-to-a-perfectionist Read handouts/CHAP16\_COPING\_WITH\_PERFECTIONISM.pdfread  
[http://www.tutoranswer.com/ask/how\\_to\\_help\\_a\\_perfectionist](http://www.tutoranswer.com/ask/how_to_help_a_perfectionist)

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<http://www.amazon.co.uk/Married-Perfectionist-Compulsive-Personality-Mediocrity-ebook/dp/B00Y8LMHK8>

I have been married to a man for 20 years and have finally come to the conclusion that I feel he suffers from some sort of mental disorder perfectionist he  
[http://www.peakwellnesscenter.org/poc/view\\_doc.php?type=advice&id=236&at=2&cn=289](http://www.peakwellnesscenter.org/poc/view_doc.php?type=advice&id=236&at=2&cn=289)

Maladaptive perfectionism is associated with a desire for Perfectionism, coping, and quality of intimate relationships. Journal of Marriage and the Family  
<http://improvinglivescounseling.com/an-exploration-of-adaptive-and-maladaptive-perfectionism-as-it-relates-to-intimate-relationships/>

If you are coping with perfectionism, Working on this balance will help you cope with your perfectionism. 8 Biggest Arranged Marriage Pros and Cons.  
<http://flowpsychology.com/coping-with-perfectionism/>

These tips for coping with critical husbands begin with different than criticism in marriage. My husband and I are is a perfectionist and very critical.  
<http://theadventurouswriter.com/quipstipsrelationships/critical-spouse-tips-for-coping-with-criticism-in-marriag/>

Difficult as it sounds, life with a perfectionist spouse CAN be wonderful and gratifying. Home; Subscribe; Advertise; Authors; Married to a perfectionist?  
<http://completewellbeing.com/article/married-to-a-perfectionist/>

Perfectionism, in psychology, is a The relationship that exists between perfectionistic tendencies and methods of coping with stress has also been examined with  
[http://en.wikipedia.org/wiki/Perfectionism\\_\(psychology\)](http://en.wikipedia.org/wiki/Perfectionism_(psychology))

Do you know someone who is rigid? Do you think they are a control freak or a perfectionist? Married to a Perfectionist:: Coping with a Spouse Who Has OCPD  
<http://new.ereaderiq.com/dp/B00X8YFRBC/>