

Self-Assessment for Perfectionism

Perfectionism is a response to anxiety that can be damaging to your relationships and your performance. The following test can help you assess if you're struggling with perfectionism.

For each question below answer "yes" if it's generally true of you and "no" if it's generally not true of you. (You may want to ask a close family or friend to confirm your answers to be sure you're being realistic in your self-assessment.)

	Yes	No	
1.	Yes	No	I often think that I should have done better than I did.
2.	Yes	No	I tend to put things off if I don't have the time to do them perfectly.
3.	Yes	No	I am afraid to fail when working on an important project.
4.	Yes	No	I strive to impress others with my best qualities or accomplishments.
5.	Yes	No	I think less of myself if I repeat a mistake.
6.	Yes	No	I strive to maintain control of my emotions at all times.
7.	Yes	No	I get upset when things don't go as planned.
8.	Yes	No	I am often disappointed in the quality of other people's work.
9.	Yes	No	I feel that my standards couldn't be too high.
10.	Yes	No	I am afraid that people will think less of me if I fail.
11.	Yes	No	I am constantly trying to improve myself.
12.	Yes	No	I am unhappy if anything I do is considered average.
13.	Yes	No	My home and office need to be clean and orderly always.

14.	Yes	No	I feel inferior to others who are more intelligent, attractive, or successful than me.
15.	Yes	No	I must look my very best whenever I am out in public.

Scoring: Five or more yes answers suggest a potential problem with perfectionism.
(This is a screening test only. For an accurate diagnosis, consult a qualified professional.)

References: Bill Gaultiere © 2000, 2012