

Perfectionism Questionnaire

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.)

1. Do you often think that you should’ve done better than you did.
2. Do you tend to put things off if you don’t have the time to do them perfectly.
3. Are you defining yourself based on your performance at work, home, or in relationships?
4. Do you strive to impress others with your best qualities or accomplishments.
5. Do you think less of yourself if you repeat a mistake.
6. Do you strive to maintain control of your emotions so others can’t see.
7. Do you get upset when things don’t go as planned.
8. Are you often disappointed in the quality of other people’s work.
10. Are you concerned that people will think less of you if I fail.
12. Do you become unhappy if anything you do is considered average.
13. Does you get upset if your home and office are not clean or orderly.
14. Do you feel inferior to others who are seem more intelligent, attractive, or successful than you
15. Do you have to look your very best whenever out in public