

# Perfectionism Quiz

Read each statement and rate how much you agree with it.

0 = not at all      1 = somewhat applies      2 = definitely applies

I hesitate to ask questions I don't know the answer to.	
I get upset when I make a mistake.	
I worry about what other people might be thinking about me.	
I have difficulty making decisions for fear I will make the wrong one.	
I procrastinate doing things that I don't think I will do well or that overwhelm me.	
I rewrite my texts and emails to get them just right.	
Once I start something I have trouble stopping because I think I must get it done.	
I have trouble delegating tasks because I don't think people will do as good a job as I would.	
I avoid things that I am not naturally good at.	
I get behind in my work because it takes me a long time to get things done.	
I feel anxious initiating conversations with people I don't know well.	
I don't ask for what I want for fear I will be rejected.	
I make lists for what I want to get done.	

I don't like to go out in public unless my appearance is just right.	
I have trouble stopping a task if I haven't completed it.	
I get overwhelmed by having too much to do.	
I tend to overapologize for my behavior.	
I don't make enough time for play.	
If someone does something better than me, I feel inferior.	
I get upset if my plan for the day is interrupted, or if things don't go as planned.	
I don't take breaks unless everything on my list is done.	
I often feel that I am falling short of my expectations.	
<b>Total Score</b>	

The higher your score, the more likely you are to have the following problems. Rate how much these problems apply to you.

0 = not at all      1 = somewhat applies      2 = definitely applies

Overworking	
Underachieving because I'm afraid to try things I'm not good at	
Believing that people would think I was a fraud if they saw the real me (imposter syndrome)	

Ruminating over past mistakes	
Low self-esteem	
Procrastination	
Being overly conservative in choices	
Ruminating over social interactions	
Holding back (in conversations, interactions, etc.) for fear of making a fool of myself and being judged harshly by others	
Difficulty making decisions	
Difficulty relaxing	
Getting very upset when things don't go as planned	
<b>Total Score</b>	

There is no accurate way to measure exactly how much of a perfectionist you are. But having identified some of the traits and problems related to perfectionism that you share with others, you probably have a clearer idea of the extent of your perfectionism. Consider these two scores as a baseline measurement for your workout. Remember, “perfectionist” isn’t a label to punish yourself with; rather, it’s a starting point from which you can grow.