
Perfectionism Quiz

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

3 = Strongly Agree

2 = Agree

1 = Somewhat Agree

0 = Don't Agree

_____ I tend to get behind in my work because it takes me a long time to get things done right.

_____ I get upset when I make a mistake.

_____ If someone does something better than I do, it makes me feel inferior.

_____ I worry that others will lose respect for me or think I am incompetent if I make a mistake or am not the best at something.

_____ I often procrastinate on tasks where others may judge my performance.

_____ I worry about what others think about me.

_____ I get upset when I make a mistake.

_____ If I do not set high standards for myself, I will be second rate.

_____ Being organized is very important to me.

_____ When things are not just right, I get upset.

_____ Your Total Score

The higher your score, the more likely you are to have the following problems. Check off all of the problems that apply to you:

- Overworking
- Underachieving due to not trying things you are not good at
- Believing if people saw the real you they would think you are a fraud (Impostor syndrome)
- Ruminating over past mistakes
- Low self-esteem
- Procrastination
- Being overly conservative in choices you make
- Ruminating over social interactions
- Shyness, tendency to hold back for fear of making a fool of yourself or being judged harshly by others
- Difficulty making decisions