

# Self-Assessment Perfectionism Screening Test

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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.

## Perfectionism Test

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.	Yes	No	I often think that I should've 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'm 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'm afraid that people will think less of me if I fail.
11.	Yes	No	I'm constantly trying to improve myself.
12.	Yes	No	I'm 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 I.
15.	Yes	No	I must look my very best whenever I'm out in public.

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