

# Measuring Your Perfectionism:

## How perfect do you think performances need to be?

Enter a context: \_\_\_\_\_ (e.g., school, sport, work)

Below are statements that reflect beliefs that people hold in various contexts. Some of the beliefs refer to other people. For these, think about the people whose opinion you value in that context. Please read each statement, and then select a number from 1 to 7 to show how much you agree or disagree.

There are no right or wrong answers. Strongly Agree = 7 to Strongly Disagree = 1.

1	I am tough on myself when I do not perform perfectly.	1	2	3	4	5	6	7
2	I put pressure on myself to perform perfectly.	1	2	3	4	5	6	7
3	I only think positively about myself when I perform perfectly.	1	2	3	4	5	6	7
4	To achieve the standards I have for myself I need to perform perfectly.	1	2	3	4	5	6	7
5	People always expect more, no matter how well I perform.	1	2	3	4	5	6	7
6	People always expect my performances to be perfect.	1	2	3	4	5	6	7
7	People view even my best performances negatively.	1	2	3	4	5	6	7
8	People criticise me if I do not perform perfectly.	1	2	3	4	5	6	7
9	I have a lower opinion of others when they do not perform perfectly.	1	2	3	4	5	6	7
10	I am never satisfied with the performances of others.	1	2	3	4	5	6	7
11	I criticise people if they do not perform perfectly.	1	2	3	4	5	6	7
12	I think negatively of people when they do not perform perfectly.	1	2	3	4	5	6	7
		Lower			Higher			

Note: You can calculate three perfectionism scores. Self =  $(Q1+Q2+Q3+Q4) / 4$ ; Social =  $(Q5+Q6+Q7+Q8) / 4$ ; Other =  $(Q9+Q10+Q11+Q12) / 4$ .