

Questions to help determine if you have unhelpful perfectionism

1. Do you continually try your hardest to achieve high standards?
Yes a lot of the time Sometimes Rarely
2. Do you focus on what you have *not* achieved rather than what you *have* achieved?
Yes a lot of the time Sometimes Rarely
3. Do other people tell you that your standards are too high?
Yes a lot of the time Sometimes Rarely
4. Are you very afraid of failing to meet your standards?
Yes a lot of the time Sometimes Rarely
5. If you achieve your goal, do you tend to set the standard higher next time (e.g. run the race in a faster time)?
Yes a lot of the time Sometimes Rarely
6. Do you base your self-esteem on striving and achievement?
Yes a lot of the time Sometimes Rarely
7. Do you repeatedly check how well you are doing at meeting your goals?
Yes a lot of the time Sometimes Rarely
8. Do you keep trying to meet your standards, even if this means that you miss out on things or if it is causing other problems?
Yes a lot of the time Sometimes Rarely
9. Do you tend to avoid tasks or put off doing them in case you fail or because of the time it would take?
Yes a lot of the time Sometimes Rarely

If you answered YES to question 6 and the majority of the other questions it is likely that you will benefit from therapy that focuses on your perfectionism