

Examples of performance checking behaviours in different areas of perfectionism

Perfectionism area	Performance checking behaviour
Weight and shape	Repeated weighing, staring in mirror, checking body for fat
Work	Comparing work output at end of each day to that of other team members
Friendships	Checking how often a friend calls you compared to other friends
Sport	Repeatedly comparing race finish times with those of other athletes
Study	Repeatedly asking teacher or tutor for more feedback and if performance is OK
Dating	Checking how often you are asked on a date compared to friends
Social	Checking after each sentence how what you said sounded to others by looking at the expressions on their faces
Entertaining	Repeatedly asking dinner guests if the food is OK

We can see from the examples above that performance checking behaviours can take different forms. These include:

- **Testing** our performance – for example by redoing a task
- **Comparing** ourselves to others
- **Seeking reassurance** from other people about how well we have carried out a task