Perfectionistic Assessment

- The statements below describe attitudes, opinions, interests, feelings, and behaviors that people may experience. *For each item, mark the response that best describes the way you usually are.*
- Please respond to every statement, even if you are not completely sure of your answer. Read each statement carefully, but don't spend too much time deciding on any one answer.

NOTE: Do not be concerned if you find that some of the statements are similar to each other. Answer each item on its own without concern for your other answers.

1. I get lost in the details.

___ Strongly Disagree
___ Disagree
___ Slightly Disagree
___ Slightly Agree
___ Agree
___ Strongly Agree

2. I never let someone else do something because they almost always do it incorrectly.

___ Strongly Disagree
___ Disagree
___ Slightly Disagree
___ Slightly Agree
___ Agree
___ Strongly Agree

3. I tend to keep my emotions to myself.

___ Strongly Disagree
___ Disagree
___ Slightly Disagree
___ Slightly Agree
___ Agree
___ Strongly Agree

4. When someone crosses me, I make sure to get revenge.

___ Strongly Disagree
___ Disagree
___ Slightly Disagree
___ Slightly Agree
___ Agree
___ Strongly Agree

5. I hate changing my plans at the last minute.

___ Strongly Disagree
___ Disagree
___ Slightly Disagree
___ Slightly Agree
___ Agree
___ Strongly Agree

6. I get upset when my day's schedule is disrupted.

___ Strongly Disagree
___ Disagree
___ Slightly Disagree
___ Slightly Agree
___ Agree
___ Strongly Agree

7. My need to be perfect affects how much I get done.

___ Strongly Disagree
___ Disagree
___ Slightly Disagree
___ Slightly Agree
___ Agree
___ Strongly Agree

8. I often have to take over others' responsibilities to make sure that the job is done right.

___ Strongly Disagree
___ Disagree
___ Slightly Disagree
___ Slightly Agree
___ Agree
___ Strongly Agree

9. I spend too much time on something in order to get it just right.

___ Strongly Disagree
___ Disagree
___ Slightly Disagree
___ Slightly Agree
___ Agree
___ Strongly Agree

10. I try to convince others of what I believe to be right and wrong.

___ Strongly Disagree
___ Disagree
___ Slightly Disagree
___ Slightly Agree
___ Agree
___ Strongly Agree

11. People are either with me or they are against me.

___ Strongly Disagree
___ Disagree
___ Slightly Disagree
___ Slightly Agree
___ Agree
___ Strongly Agree

12. I have been told I am inconsiderate of others.

___ Strongly Disagree
___ Disagree
___ Slightly Disagree
___ Slightly Agree
___ Agree
___ Strongly Agree

13. I punish those who deserve it.

___ Strongly Disagree
___ Disagree
___ Slightly Disagree
___ Slightly Agree
___ Agree
___ Strongly Agree

14. Expressing emotions usually leads to embarrassment.

___ Strongly Disagree
___ Disagree
___ Slightly Disagree
___ Slightly Agree
___ Agree
___ Strongly Agree

15. I am easily upset by changes in my routine.

___ Strongly Disagree
___ Disagree
___ Slightly Disagree
___ Slightly Agree
___ Agree
___ Strongly Agree

16. I have trouble dealing with unforeseen events.

___ Strongly Disagree
___ Disagree
___ Slightly Disagree
___ Slightly Agree
___ Agree
___ Strongly Agree

17. I have trouble with last minute changes.

___ Strongly Disagree
___ Disagree
___ Slightly Disagree
___ Slightly Agree
___ Agree
___ Strongly Agree

18. I often miss the deadlines I set for myself.

___ Strongly Disagree
___ Disagree
___ Slightly Disagree
___ Slightly Agree
___ Agree
___ Strongly Agree

19. I trust others to carry out tasks competently.

___ Strongly Disagree
___ Disagree
___ Slightly Disagree
___ Slightly Agree
___ Agree
___ Strongly Agree

20. I tend to take on more tasks because counting on others is useless.

___ Strongly Disagree
___ Disagree
___ Slightly Disagree
___ Slightly Agree
___ Agree
___ Strongly Agree

21. Other people say that I am argumentative.

___ Strongly Disagree
___ Disagree
___ Slightly Disagree
___ Slightly Agree
___ Agree
___ Strongly Agree

22. I get angry when others try to change my mind.

___ Strongly Disagree
___ Disagree
___ Slightly Disagree
___ Slightly Agree
___ Agree
___ Strongly Agree

23. I have difficulty adapting to change.

___ Strongly Disagree
___ Disagree
___ Slightly Disagree
___ Slightly Agree
___ Agree
___ Strongly Agree

24. Others say that I am closed minded.

___ Strongly Disagree
___ Disagree
___ Slightly Disagree
___ Slightly Agree
___ Agree
___ Strongly Agree

25. I am happy to let others help me in my work.

___ Strongly Disagree
___ Disagree
___ Slightly Disagree
___ Slightly Agree
___ Agree
___ Strongly Agree

26. I am a stubborn person.

___ Strongly Disagree
___ Disagree
___ Slightly Disagree
___ Slightly Agree
___ Agree
___ Strongly Agree

27. I often spend too much time getting organized.

___ Strongly Disagree
___ Disagree
___ Slightly Disagree
___ Slightly Agree
___ Agree
___ Strongly Agree

28. I rarely feel comfortable showing affection towards others.

___ Strongly Disagree
___ Disagree
___ Slightly Disagree
___ Slightly Agree
___ Agree
___ Strongly Agree

29. I hold back my feelings.

___ Strongly Disagree
___ Disagree
___ Slightly Disagree
___ Slightly Agree
___ Agree
___ Strongly Agree

30. It is difficult for me to show my feelings to others.

___ Strongly Disagree
___ Disagree
___ Slightly Disagree
___ Slightly Agree
___ Agree
___ Strongly Agree

31. People think I am being critical whenever I give them advice.

___ Strongly Disagree
___ Disagree
___ Slightly Disagree
___ Slightly Agree
___ Agree
___ Strongly Agree

32. I insist that others do things my way.

___ Strongly Disagree
___ Disagree
___ Slightly Disagree
___ Slightly Agree
___ Agree
___ Strongly Agree

33. People tell me that I am inflexible.

___ Strongly Disagree
___ Disagree
___ Slightly Disagree
___ Slightly Agree
___ Agree
___ Strongly Agree

34. Others have told me I am demanding in my relationships.

___ Strongly Disagree
___ Disagree
___ Slightly Disagree
___ Slightly Agree
___ Agree
___ Strongly Agree

35. When working in a group, I find that I end up doing most of the work.

___ Strongly Disagree
___ Disagree
___ Slightly Disagree
___ Slightly Agree
___ Agree
___ Strongly Agree

36. People have described me as being closed with my feelings.

___ Strongly Disagree
___ Disagree
___ Slightly Disagree
___ Slightly Agree
___ Agree
___ Strongly Agree

37. I will put off a task if I do not think I can do it perfectly.

___ Strongly Disagree
___ Disagree
___ Slightly Disagree
___ Slightly Agree
___ Agree
___ Strongly Agree

38. People say I am critical of the way they do things.

___ Strongly Disagree
___ Disagree
___ Slightly Disagree
___ Slightly Agree
___ Agree
___ Strongly Agree

39. It is hard for me to shift from one task to another.

___ Strongly Disagree
___ Disagree
___ Slightly Disagree
___ Slightly Agree
___ Agree
___ Strongly Agree

40. I end up doing a lot of jobs myself because no one can live up to my standards.

___ Strongly Disagree
___ Disagree
___ Slightly Disagree
___ Slightly Agree
___ Agree
___ Strongly Agree

41. People say that I dismiss points of view that differ from my own.

___ Strongly Disagree
___ Disagree
___ Slightly Disagree
___ Slightly Agree
___ Agree
___ Strongly Agree

42. There are few people who can meet my expectations.

___ Strongly Disagree
___ Disagree
___ Slightly Disagree
___ Slightly Agree
___ Agree
___ Strongly Agree

43. It really irritates me when people don't stick to the plan.

___ Strongly Disagree
___ Disagree
___ Slightly Disagree
___ Slightly Agree
___ Agree
___ Strongly Agree

44. I frequently need extensions on deadlines.

___ Strongly Disagree
___ Disagree
___ Slightly Disagree
___ Slightly Agree
___ Agree
___ Strongly Agree

45. It takes longer for me to complete a task to my high standards.

___ Strongly Disagree
___ Disagree
___ Slightly Disagree
___ Slightly Agree
___ Agree
___ Strongly Agree

46. I get caught up in the details no matter what I'm doing.

___ Strongly Disagree
___ Disagree
___ Slightly Disagree
___ Slightly Agree
___ Agree
___ Strongly Agree

47. I put pressure on myself to get things just right.

___ Strongly Disagree
___ Disagree
___ Slightly Disagree
___ Slightly Agree
___ Agree
___ Strongly Agree

48. It is difficult for me to relate to other people's emotions.

___ Strongly Disagree
___ Disagree
___ Slightly Disagree
___ Slightly Agree
___ Agree
___ Strongly Agree

49. I am hard on myself when I am unable to complete a task to my high standards.

___ Strongly Disagree
___ Disagree
___ Slightly Disagree
___ Slightly Agree
___ Agree
___ Strongly Agree