

PERFECTIONIST SELF-ASSESSMENT

Honestly consider the following statements, and score according to your own experiences.

Disagree – 0 In the past – 1 Sometimes – 2 Frequently – 3

I am often amazed at the incompetence of others.	0	1	2	3
I can't stand it when things are out of place.	0	1	2	3
I find unpredictability vexing if not intolerable.	0	1	2	3
I have a burning need to set things right.	0	1	2	3
I worry a lot about why I haven't done better.	0	1	2	3
Any kind of personal failure is the worst thing I can think of.	0	1	2	3
I feel hurt and betrayed because no one ever helps me, never realizing I push others away because I say they never do it right.	0	1	2	3
It seems to me that standards are slipping everywhere.	0	1	2	3
I delay starting projects because I am afraid I won't meet the standard.	0	1	2	3
I am okay if I do it perfectly.	0	1	2	3

Total: _____



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Now... let's interpret your results!

25+

Perfectionist Prodigy

Congratulations, you win at perfectionism! You always push yourself to the limit, striving for flawless results. It's "exceeds expectations" or BUST! The stress and anxiety from never accepting mistakes weigh heavily on you daily, and any criticism can send you into a deep shame spiral.

18 – 24

Critical Connoisseur

You're your own harshest critic, often setting impossible standards for yourself and others. You often have a hard time starting projects, for fear of not hitting the mark. This constant pressure leads to burnout and strains your relationships.

11 – 17

Ambitious Achiever

You have high standards and work tirelessly to meet them, but you also recognize that imperfection is part of the journey. You strive for excellence while allowing yourself grace when things aren't perfect.

≤ 10

Resilient Realist

You accept that imperfection is part of life, but you still strive for improvement. You handle challenges without excessive self-criticism, maintaining a healthier balance.

