

Am I Experiencing Perfectionism?

Perfectionism can sometimes be difficult to notice. Answering the questions below can give you an idea of whether it is worth arranging a professional assessment.

Do you set standards for yourself that are demanding and difficult to achieve?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Are you constantly pushing yourself to achieve targets, goals, or aspirations?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Do you feel anxious about not meeting your standards?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
When you reach a goal or target, do you 'raise the bar' for yourself?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Are you more concerned about what you haven't achieved than what you have achieved?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Do other people think your standards are too high?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Do you criticize yourself or feel like a failure when you don't meet your standards?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Do you spend a lot of time checking whether you have met your standards (e.g., closely monitoring your performance, re-reading work, or comparing yourself to others)?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Do you ever avoid tasks because you might fail or do a less than perfect job?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Do you postpone tasks because of how long or demanding they will be to complete?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Does meeting your standards leave you feeling exhausted or overwhelmed?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Do you prioritize achieving your goals over rest, relaxation, spending time with others, or having fun?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Do you value yourself based upon your successes and achievements?	<input type="checkbox"/> Yes	<input type="checkbox"/> No

If you answered 'yes' to many of these questions, you may be experiencing perfectionism. You might find it helpful to speak to your family doctor or a mental health professional.