

Perfectionism Assessment

Adapted from Almost Perfect Scale-Revised by Slaney, Mobley, Trippi, Ashby, & Johnson, 1996.

The following items are designed to measure attitudes people have towards themselves, their performance, and toward others. There are no right or wrong answers. Please respond to all of the items. Use your first impression and do not spend too much time on individual items in responding.

Respond to each of the items using the scale below to describe your degree of agreement with each item.

1	2	3	4	5	6	7
Strongly Disagree	Disagree	Slightly Disagree	Neutral	Slightly Agree	Agree	Strongly Agree

___1. I have high standards for my performance at work and school.

___2. I often feel frustrated because I can't meet my goals.

___3. I'm compulsive about neatness or others think I am.

___4. If you don't expect much of yourself, you will never succeed.

___5. My best just never seems to be good enough for me.

___6. I think things should be put away in their place.

___7. In most areas of my life I have high expectations for myself.

___8. I rarely live up to my high standards.

___9. I like to always be organized and disciplined.

___10. I am never fully satisfied with my accomplishments.

___11. I often worry about not measuring up to my own expectations.

___12. I am not satisfied even when I know I have done my best.

There is no official scoring for this assessment. If you are worried about your level of perfectionism, help is available.

Office of Student Counseling

Scheide Hall, 8:30-4:30, Monday – Friday

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