

AN INVENTORY FOR RATING PERFECTIONISTIC TRAITS

The statements below describe attitudes and feelings all of us may have at various times. Read each one and decide how much it applies to you. Don't think too long about each one. Circle the number that best describes how you usually think, based on the first response that comes to mind. **There are no right or wrong answers.** It's just for you, so nothing is at stake.

	DISAGREE	AGREE	STRONGLY AGREE
1. When I begin to do something, I think about the possibility of failure	0	1	2
2. As I look back on my life, I remember more failures than successes.	0	1	2
3. My parents gave me rewards (money, treats, privileges) for getting good grades.	0	1	2
4. The results of an activity are more important than the activity itself.	0	1	2
5. People who don't try to achieve their best should be ashamed.	0	1	2
6. I shouldn't let others see me fail.	0	1	2
7. Successful people are more worthwhile.	0	1	2
8. It's normal to get upset over mistakes.	0	1	2
9. I describe my mother as a perfectionist.	0	3	5
10. The best way to achieve well is to set extremely high goals.	0	1	2
11. It's not necessary to make the same mistake twice.	0	1	2
12. People think less of people who fail.	0	1	2

	DISAGREE	AGREE	STRONGLY AGREE
13. People who don't try, don't deserve respect.	0	1	2
14. When I try something new, I expect to fail at it for a few times before I'm successful and that's okay.	2	1	0
15. People who use their abilities deserve more rewards than those who don't.	0	1	2
16. If a thing is worth doing at all, it's worth doing right.	0	1	2
17. Punishment for failure is good because it makes me try harder.	0	1	2
18. I describe my father as a perfectionist.	0	3	5
19. I sometimes think I should work very hard to do my best, whether or not I want to.	0	1	2
20. If I mess up, I should be quite concerned about it.	0	1	2
21. People will like me more if I'm successful.	0	1	2
22. I should do better than average.	0	1	2
23. It's good for me to criticize myself for my mistakes and weaknesses because then I'll try harder.	0	1	2
24. People who make foolish mistakes in public are usually laughed at.	0	1	2

When you have responded to each statement, copy the number you circled for each statement into the proper box in the scoring section on the next page. Add up totals for each column.

SCORING THE INVENTORY

QPP	TSF	AOP
1. <input type="checkbox"/>	2. <input type="checkbox"/>	3. <input type="checkbox"/>
4. <input type="checkbox"/>	5. <input type="checkbox"/>	6. <input type="checkbox"/>
7. <input type="checkbox"/>	8. <input type="checkbox"/>	9. <input type="checkbox"/>
10. <input type="checkbox"/>	11. <input type="checkbox"/>	12. <input type="checkbox"/>
13. <input type="checkbox"/>	14. <input type="checkbox"/>	15. <input type="checkbox"/>
16. <input type="checkbox"/>	17. <input type="checkbox"/>	18. <input type="checkbox"/>
19. <input type="checkbox"/>	20. <input type="checkbox"/>	21. <input type="checkbox"/>
22. <input type="checkbox"/>	23. <input type="checkbox"/>	24. <input type="checkbox"/>
total ____	total ____	total ____

Using the Results of Your Inventory

The inventory is an index of your ideas about three issues. In general, the lower the score, the more congenial your beliefs; the higher your score, the more likely you are to have problems with perfectionism. The three issues are:

- **QPP (Quality of Personal Performance)** If your score is above 8 on the QPP, you probably expect/demand high-quality performance from yourself. You try very hard because you believe it's important. If your score is quite high, you probably expect/demand perfection from people around you and probably have problems in relationships because of those expectations.
- **TSF (Treatment of Self after Failure)** If your score is above 8 on the TSF, you probably react poorly to failures—remembering them, believing them to be almost inexcusable, and criticizing yourself harshly for them. You probably find that the more you're anxious about your failures, the more your performance will be reduced by interference from that anxiety.
- **AOP (Attitudes of Other People Toward Your Performance)** If your score is above 8 on the AOP, you probably are very sensitive to the opinions of others, are strongly motivated to please others (although you may be resentful while doing so), and expect other people to be harsh and critical in judgment. If your score is quite high, you probably have problems managing your anger.

Beneficial Bad News

A problem defined is a problem half solved. If you were candid in responding to the inventory you have taken a strong step toward defining your problem with perfectionism—if you have a problem. You may or may not be trapped by perfectionism. But if you are, you're still okay. You just need to put the problem in front of you so you can fix it and put it behind you. If something in your life needs to change, it needs to change, that's all. It's no big deal unless you ignore it and it grows into a major problem.

Finding out that you need to change may seem like bad news, but it's *beneficial* bad news. The good news is that you *can* change. The book, *The Perfectionism Trap and How to Escape*, will help you take steps toward making those changes. It includes activities to help you apply the insights to your own situation. It also teaches how to live with a perfectionist, and how to avoid turning children into perfectionists.

The book is easy to get at
www.highgroundpress.org