

## Perfectionism is NOT a strength!

How much of a perfectionist are you? Fill in the blank next to each question below with a:

***0 for Never, 1 for Seldom, 2 for Often and 3 for Always. Then add up your score.***

\_\_\_\_\_ 1. Do mistakes - your own or others' - irritate you?

\_\_\_\_\_ 2. Do you feel everyone should be as driven to do his best as you are?

\_\_\_\_\_ 3. Do you use the word *should* a lot - as in "I should have taken care of that," or "We should meet on this immediately"?

\_\_\_\_\_ 4. Do you find it hard to enjoy success? Even when something goes well, is it easy for you to find the things that could have been just a little better?

\_\_\_\_\_ 5. Does one small mistake ruin your day - or at least your morning?

\_\_\_\_\_ 6. Do terms like *good enough* and *just about right* bother you, particularly on the job?

\_\_\_\_\_ 7. Do you tend to put things off because you feel you're not quite ready to do the job right?

\_\_\_\_\_ 8. Do you find yourself apologizing for certain work because you could have done it better if you had had more time?

\_\_\_\_\_ 9. Whether in a meeting, working on a team, or in any group situation in the workplace, do you prefer to be in control of what's happening?

\_\_\_\_\_ 10. Realizing your deep need to have all your ducks in a row, do you insist that those around you have their ducks in the same row (think exactly the way you do)?

\_\_\_\_\_ 11. Do you tend to see the glass as half-empty instead of half-full? In other words can you see or acknowledge what has been accomplished or do you worry about what still needs to be done?

Scoring:

11-16 Mild Perfectionist

17-25 Medium Perfectionist

26-33 Extreme Perfectionist (You're too hard on yourself and everyone else!)