

Exercise

Professional Version | US English

Am I Experiencing Perfectionism?



Description

Perfectionism is a condition characterized by pursuing and basing one's self-worth on the achievement of high standards, despite the corresponding negative consequences. Although not formally recognized as a mental health condition by the DSM or ICD diagnostic systems perfectionism has been associated with multiple forms of psychopathology including anxiety, depression, eating disorders, and suicidality (Egan, Wade, Shafran, 2011).

Am I Experiencing Perfectionism? is an indicative screening tool, designed to help clients self-assess whether their experiences might warrant further investigation. It is not intended to give a formal diagnosis or provide a measure of severity.

Instructions

Suggested Question



Some people who describe experiences like yours have a condition called perfectionism. Would you like to try a short quiz that could give us an idea whether this is a problem that troubles you?

References

American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental disorders* (5th ed.).

Egan, S. J., Wade, T. D., & Shafran, R. (2011). Perfectionism as a transdiagnostic process: A clinical review. *Clinical psychology review*, 31(2), 203-212.

World Health Organization. (2019). *ICD-11: International classification of diseases* (11th revision). Retrieved from <https://icd.who.int/>

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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.

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