

## Questions to help determine if you have Unhelpful Perfectionism

Please answer YES or NO to the questions below.

If you answer YES to Q6 and the majority of the other questions, it is likely that unhelpful perfectionism is problematic for you in one or more areas of your life, and you may benefit from exploring ways to identify, change and overcome the unhelpful perfectionism.

Question	Answer
<i>Do you continually try your hardest to achieve high standards?</i>	
<i>Do you focus on what you have <b>not</b> achieved rather than what you have achieved?</i>	
<i>Do other people tell you that your standards are too high?</i>	
<i>Are you afraid of failing to meet your standards?</i>	
<i>If you achieve your goal, do you tend to set the standard higher next time?</i>	
<i>Do you think you base much of your self esteem on what you do and how well you achieve your goals / standards?</i>	
<i>Do you repeatedly check how well you are doing at meeting your goals?</i>	
<i>Do you keep trying to meet your standards, even if this means that you miss out on things or if it causing other problems?</i>	
<i>Do you tend to avoid tasks or put off doing tasks in case you fail or because of the time it would take?</i>	