

Perfectionism Test

By Bill Gaultiere

Many people I talk to have been formed by a “make yourself stand out” narrative. This leads to the perfectionism of anxiously relying on your own abilities to be more ideal in some way. Here’s a survey to help you see if you have perfectionistic tendencies. For each question below answer “yes” if it’s generally true of you and “no” if it’s generally not true of you.

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| 1. I often think that I should’ve done better than I did. | Y | N |
| 2. I tend to put things off if I don’t have the time to do them perfectly. | Y | N |
| 3. I’m afraid to fail when working on an important project. | Y | N |
| 4. I strive to impress others with my best qualities or accomplishments. | Y | N |
| 5. I think less of myself if I repeat a mistake. | Y | N |
| 6. I strive to maintain control of my emotions at all times. | Y | N |
| 7. I get upset when things don’t go as planned. | Y | N |
| 8. I am often disappointed in the quality of other people’s work. | Y | N |
| 9. I feel that my standards should always be real high. | Y | N |
| 10. I’m afraid that people will think less of me if I fail. | Y | N |
| 11. I’m constantly trying to improve myself. | Y | N |
| 12. I’m unhappy if anything I do is considered average. | Y | N |
| 13. My home and office need to be clean and orderly always. | Y | N |
| 14. I feel inferior to others who are more intelligent, attractive, or successful than I am. | Y | N |
| 15. I must look my very best whenever I’m out in public. | Y | N |

Scoring: If you have five or more yes answers to these questions it suggests that you struggle with perfectionism and need to absorb more of God’s grace.

This Perfectionism Test is from *Your Best Life in Jesus’ Easy Yoke* by Bill Gaultiere.