Are you a Perfectionist?

This self-test (adapted from the quiz in the book “Overcoming Perfectionism” by Ann W. Smith) will help you determine if, and to what degree, you are suffering from perfectionism. After reading each statement, please circle whether the statement is true or false for you the majority of the time.

I get very upset with myself when I make a mistake and have a hard time letting it go.

True  False

I have a tendency to notice the flaws in myself or others before I notice the positive.

True  False

Even though I have an on-going list of the things I “should” be doing, I tend to procrastinate.

True  False

I never seem to be doing enough.

True  False
I struggle with decision making.

True  False

I am very organized in one or more areas of my life and completely disorganized in areas.

True  False

I am unwilling to try new activities because I worry that I will fail.

True  False

I am obsessed about things being done “right”.

True  False

I am devastated by criticism.

True  False

I define my self-worth by how well I achieve in everything I undertake.

True  False
I am annoyed when others don't do things right or act as I would in certain situations.

True          False

I experience feelings of fear, anger, depression and/or anxiety.

True          False

Please count up the number of statements that were true for you.
What was the total number of true statements: _____

Most people will find that they have one or two true responses. However, if you responded “true” to 3 or more, you are probably suffering from some degree of perfectionism and are likely experiencing psychological, physical, and relational symptoms.

If perfectionism is having a negative impact on you and your life (relationships, work, balance, self-esteem, etc.) and you need some assistance, please contact Marla Enhelder, PhD at marla@takechargemama.com or 1-855-322-6262 to determine how we can best work together in order for you to live your best life!

Dr. Marla Enhelder, Working Mom Coach + Mentor, is founder of Take Charge Mama. Take Charge Mama is a company devoted to empowering career-minded moms to effectively manage their time and energy, create balance between work and family, and ultimately live a happy life that they absolutely love! To get your FREE Audio Cd by mail and receive Marla’s weekly newsletter packed with information rich tips that you can implement immediately, please visit www.takechargemama.com