



Perfectionism Checklist

Characteristics	√
How a Perfectionist Acts	
Overcommits self	
Rarely delegates work to others	
Has a difficult time making choices	
Desires to be in control	
Competes fiercely	
Arrives late because one more thing had to be done	
Does last-minute cramming	
Gets carried away with the details	
Does not seem satisfied with own work	
Constantly busies self with something or other	
Frequently criticizes others	
Refused to hear criticism of self	
Pays more attention to negative than positive comments	
Checks up on other people's work	
Calls self "stupid" when something is done imperfectly	
Procrastinates	
What a Perfectionist Thinks	
If I can't do it perfectly, what's the point?	
I should excel at everything I do	
I always have to stay ahead of others	
I should finish a job before doing anything else	
Every detail of a job should be perfect	
Things should be done right the first time	
There is only one right way to do things	
I'm a wonderful person if I do well; I'm a worthless person if I do poorly	
I'm never good enough	
I'm stupid	
I can't do anything right	
I'm unlikeable	
I'd better not make a mistake here or people will think I'm not very...[smart, good, capable]	
If I goof up, something's wrong with me	
People shouldn't criticize me	
Everything should be clearly black or white; grays are a sign of confused thinking	
How a Perfectionist Feels	
Deeply embarrassed about mistakes made	
Disgusted or angry with self when criticized	
Anxious when stating an opinion to others	
Extremely worried about details	
Angry if routine is interrupted	
Nervous when things around self are messy	
Fearful or anxious a lot of the time	
Exhausted and unable to relax	
Plagued by self-hatred	
Plagued by doubt	
Afraid of appearing stupid	
Afraid of appearing incompetent	
Afraid of being rejected	
Ashamed of having fears	
Discouraged	
Guilty about letting others down	

Putting It in Perspective

 <i>Excellence is...</i>	 Perfectionism is...
Risk	Fear
Effort	Anger and frustration
Openness to being wrong	Having to be right
Spontaneity	Control
Flow	Pressure
Confidence	Doubt
A journey	A destination
Acceptance	Judgment
Encouraging	Criticizing