

The Perfectionist Quiz

You want to know if you or your teen is a perfectionist. Put a "0" for never, a "1" for seldom, a "2" for often and a "3" for always. Then add up your score and see where you fall.

_____ Do mistakes-your own or others-irritate you?

_____ Do you feel that everyone should be driven to do their best as you are?

_____ Do you use the word *should* a lot-as in "I should have taken care of that" or "we should meet on this immediately.

_____ Do you find it hard to enjoy success? Even when something goes well, it's easy for you to find the things that could have been just a little bit better.

_____ Does one small mistake ruin your day-or at least your morning?

_____ Do terms like *good enough* and *just about right*, bother you, particularly on the job?

_____ Do you tend to put things off because you're not quite ready to do the job right?

_____ Do you find yourself apologizing for certain work because you could have done it better if you would have had more time?

_____ Whether in a meeting, working with a team, or in a group situation in the workplace, do you prefer to be in control of what's happening?

_____ Realizing your deep need for having all your ducks in a row, do you insist those around have their ducks in a row just like you? (Thinks exactly as you do)

_____ Do you tend to see the glass half empty rather than half full?

Scoring:

11-16 means you're a mild perfectionist

17-25 means you're a medium perfectionist

26-33 means you're an extreme perfectionist (you're too hard on yourself and everyone around you)