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Perfectionism Self-Assessment

Scoring is out of 10. Focus on the word in italics and score. The lower the number the better you rate yourself
Review in 3/4 week intervals.

I *do not accept* work that fails to meet my high personal standards
(i.e. if you regularly reject work score a high figure 8/9/10)

I *re-work reports and letters until they are excellent*

I *miss deadlines because I need to fix work that is not up to scratch*

I *criticise* friends and family for their poor performance

I *re-work* jobs that have completed by others

I feel intense *embarrassment* if any errors are found in my work

I can cause *resentment* in the team because I criticise team members

I *can't bear to accept advice* or help from others

I *resist delegation* because I know I'll need to re-do the work

I *put off projects* and tasks if I have any doubt that I can do a *perfect* job

If I want a job *done properly*, I have to *do it myself*