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Perfectionism Questionnaire

Listed below are a number of statements concerning personal characteristics and traits. Read each item and decide whether you agree or disagree and to what extent. If you strongly agree, circle 7. If you strongly disagree, circle 1. If you feel somewhere in between, circle one of the numbers between 1 and 7. If you feel neutral or undecided, the midpoint is 4

		Disagree					Agree	
		1	2	3	4	5	6	7
1	When I am working on something, I cannot relax until it is perfect.							
2	I am not likely to criticize someone for giving up too easily.							
3	It is not important that the people I am close to are successful.							
4	I seldom criticise my friends for accepting second best.							
5	I find it difficult to meet others' expectations of me.							
6	One of my goals is to be perfect in everything I do.							
7	Everything that others do must be of top-notch quality.							
8	I never aim for perfection in my work.							
9	Those around me readily accept that I can make mistakes too.							
10	It doesn't matter when someone close to me does not do their absolute best							
11	The better I do, the better I am expected to do.							
12	I seldom feel the need to be perfect.							
13	Anything I do that is less than excellent will be seen as poor work by those around me.							
14	I strive to be as perfect as I can be.							
15	It is very important that I am perfect in everything I attempt.							



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		Disagree					Agree	
		1	2	3	4	5	6	7
16	My family expects me to be perfect.	1	2	3	4	5	6	7
17	I do not have very high goals for myself.	1	2	3	4	5	6	7
18	My parents rarely expected me to excel in all aspects of my life.	1	2	3	4	5	6	7
19	I respect people who are average.	1	2	3	4	5	6	7
20	People expect nothing less than perfection from me.	1	2	3	4	5	6	7
21	I set very high standards for myself.	1	2	3	4	5	6	7
22	People expect more from me than I am capable of giving.	1	2	3	4	5	6	7
23	I must always be successful at school or work.	1	2	3	4	5	6	7
24	It does not matter to me when a close friend does not try their hardest.	1	2	3	4	5	6	7
25	People around me think I am still competent even if I make a mistake.	1	2	3	4	5	6	7
26	I seldom expect others to excel at whatever they do.	1	2	3	4	5	6	7
27	When I am working on something, I cannot relax until it is perfect.	1	2	3	4	5	6	7

Source:

London Metropolitan University - Department of Psychology
(Paul L. Hewitt, PhD, & Gardan L. Flett, PhD, 1991)