

“Are you a Perfectionist”
A perfectionist Scale for College Students
Thomas S. Parish & Austin Dopp

Kindly answer the following questions with a simple “yes” or “no”. Above all else, please be honest as you answer each of these questions. Thank you.

	Yes	No
1. Did you recently earn an “A” on an exam, but still didn’t become “as happy as a clam”?	___	___
2. Did you have a perfect attendance throughout the school year, yet couldn’t bring yourself to be of good cheer?	___	___
3. Did you turn in a term paper two days before it was due, yet you thought it could have been turned in earlier, making you feel very blue?	___	___
4. Did you work all day and throughout the night, but still never saw where the end is in sight?	___	___
5. Have you completed all of your assignments on time, and still found that you didn’t feel sublime?	___	___
6. Have you sought to relax after your work was done, but found that you were still uptight, and unable to have fun?	___	___
7. Have you sought to do your very best, but no matter how well you did, you still felt great unrest?	___	___
8. Do others who do well leave you feeling blue, ‘because you thought that they rode in on your coattails, and the credit should have gone to you?	___	___
9. Do you think that vacations are a big bore, and coffee breaks a real waste, and those who take them are a total disgrace?	___	___
10. Do you hate to do things twice, and cringe when others complain, realizing full well that you were not to blame?	___	___
11. Are your professors unfair when they’re supposed to judge you, but let Others slip by, at least as a general rule?	___	___
12. Is time always pressing, and do problems abound, whenever you take a trip out-of-town?	___	___

KEY: The more “yeses” checked, the more likely it is that you’re a perfectionist!