



Steppingstone #33

Negative Perfectionism

Strongly
disagree

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Strongly
agree

A. I tend to get frustrated when things do not go to plan

B. I feel uncomfortable whenever I make a mistake

C. I am frequently concerned that I cannot meet my own high standards

D. I am often concerned that I will make mistakes

E. I believe that I should be upset when I make mistakes on certain tasks

F. I cannot stand to get things wrong

G. I become irritated when I am not the best at something

H. I worry that my work will be less than perfect

I. I worry that I might seem incompetent to others

J. I become irritable when things are less than perfect

Total