

Identifying Your Perfectionist Traits

Perfectionism looks a little different for everyone. You may be aware of some of your perfectionist traits, but this checklist may help you uncover some other perfectionist traits that are more subtle or hidden.

Perfectionism can be a self-destructive and addictive belief system. It often exists as a construct to avoid feelings of pain associated with blame, shame, and judgment and sets up unattainable goals for ourselves.

This checklist isn't a test that will be scored. And it's not designed to tell you definitively whether you're a perfectionist or not. Its goal is to provide you with insights into yourself so that you can work on changing the particular perfectionist behaviors and thought patterns that get in the way of you living a fulfilling life.

Which of these traits describe you?

- You're goal driven.
- You set exceptionally high standards for yourself.
- You never feel satisfied and think there's always more to do or accomplish.
- You're concerned about mistakes.
- Your expectations are often unrealistic, leading to disappointment or frustration.
- You're highly self-critical.
- You're always busy.
- You're afraid of disappointing people.
- You worry a lot about what people think of you.
- You dwell on your mistakes and imperfections.
- You'd rather do things yourself than have someone else do them "wrong."



- You're a workaholic, putting in long hours and missing out on leisure activities because you have to work.
- You're afraid to fail.
- You demand nothing less than the perfection of yourself.
- You procrastinate or don't start things because you don't think you can do them perfectly.
- You don't like to share your weaknesses or vulnerabilities with others.
- You have high expectations for the people who are important to you.
- You ruminate or overthink things.
- You want to feel in control at all times.
- You need to win at all costs.
- You have a hard time relaxing.
- You have trouble being happy for others' success.
- Despite many signs of success, you don't actually feel successful.
- Even when you succeed, you feel like it's not enough or that you could have done better.

Identify 3-5 perfectionist traits that cause you most distress and describe how often you experience them.

What perfectionist traits do you want to change the most?

Which perfectionist traits are you reluctant to give up?



Perfectionism can lead to a sense that you're permanently flawed or defective, fueling the flames of self-deprecation. Learn more about self-deprecation and when it starts crossing the line.

