



Signs of Perfectionism

from The CBT Workbook for Perfectionism

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- You set exceptionally high standards for yourself.
- You have high standards for others and find they often don't live up to them.
- You feel others have unrealistic expectations of you.
- You're concerned about errors or mistakes.
- You're goal driven.
- You never feel satisfied; there's always more to do or accomplish.
- You're sensitive to criticism and try to avoid it.
- You're detail oriented.
- You're highly self-critical.
- You're critical of others.
- You're afraid of disappointing people.
- Your expectations are often unrealistic, leading to disappointment or frustration.
- You're always busy.
- You rarely take a sick day.
- You crave organization, lists, planners, charts, and data.
- You try to avoid making mistakes, and you see them as bad.
- You dwell on your mistakes and imperfections.
- You base your worth as a person on your accomplishments.
- Even when you succeed, you feel like it's not enough or that you could have done better.
- You'd rather do things yourself than have someone else do them "wrong."
- Sometimes it takes you a long time to finish things, because you redo, check, and try to make them perfect.
- You worry a lot about what people think of you.
- You try to avoid conflicts.
- You procrastinate or don't start things, because you don't think you can do them perfectly.
- People have judged you harshly in the past.



- You're afraid to fail.
- You feel angry or resentful.
- You feel defective or flawed.
- A change of plans can be upsetting to you.
- You ruminate or overthink things.
- You have stress-related health problems such as headaches, gastrointestinal problems, or high blood pressure.
- You play it safe.
- You don't like to try new things, especially when there's a chance of embarrassment, incompetence, or not being as good as everyone else.
- You're a workaholic, putting in long hours and missing out on leisure activities, because you have to work.
- You have a hard time relaxing.
- You have insomnia or trouble sleeping.
- You have trouble being happy for others' success.
- You don't like to share your weaknesses or vulnerabilities with others.
- You tend to feel tense, stressed, or anxious.
- You need to win at all costs.
- You think that if you were really smart or talented, you wouldn't have to work so hard.
- You demand a lot of others.
- You're frequently disappointed when people fail to meet your expectations.
- You have difficulty being spontaneous.
- You believe that a single failure or flaw defines you.
- You want to feel in control at all times.
- Despite many signs of success, you don't actually feel successful.

