1. Constantly comparing oneself with others may result in  
   (A) healthy acceptance of personal growth  
   (B) unnecessary pressure and low self-esteem  
   (C) realistic self-awareness  
   (D) effortless confidence
2. Fear of making mistakes often leads to  
   (A) avoidance of risks and opportunities  
   (B) enhanced creative experimentation  
   (C) stronger resilience  
   (D) complete emotional stability
3. Perfectionist tendencies may create  
   (A) higher productivity balanced with well-being  
   (B) undue stress and dissatisfaction despite achievements  
   (C) realistic self-acceptance  
   (D) unconditional confidence
4. When success is equated only with flawlessness, it may  
   (A) foster self-compassion  
   (B) result in constant anxiety and burnout  
   (C) encourage healthy balance  
   (D) lead to effortless motivation
5. A person who procrastinates because of fear of imperfection is  
   (A) demonstrating time management  
   (B) avoiding evaluation due to self-doubt  
   (C) exercising constructive planning  
   (D) showing complete self-confidence
6. Unrealistically high standards can  
   (A) motivate balanced growth  
   (B) hinder satisfaction and amplify self-criticism  
   (C) ensure consistent peace of mind  
   (D) guarantee effortless progress
7. Believing that every task must end in excellence may  
   (A) cause unnecessary emotional pressure  
   (B) always improve self-worth  
   (C) lead to effortless calm  
   (D) ensure freedom from stress
8. Difficulty in delegating tasks among perfectionists arises from  
   (A) distrust in others’ competence  
   (B) openness to shared responsibility  
   (C) a balanced approach to teamwork  
   (D) overconfidence in collaboration
9. When constructive feedback is perceived as personal criticism, it shows  
   (A) emotional maturity  
   (B) fear of failure coupled with insecurity  
   (C) openness to learning  
   (D) resilience in adversity
10. Recognizing the impossibility of flawless performance often leads to  
    (A) increased self-acceptance and growth  
    (B) higher levels of relentless pressure  
    (C) permanent procrastination  
    (D) deeper insecurity