



## Are You a Perfectionist?

1. Do you feel anxious or dissatisfied when your work doesn't meet your own high standards? ☐ Yes ☐ No ☐ Sometimes
2. Do you often procrastinate because you fear not doing something perfectly? ☐ Yes ☐ No ☐ Sometimes
3. Do you struggle to celebrate accomplishments because you focus on what could've been better? ☐ Yes ☐ No ☐ Sometimes
4. Do you feel like mistakes define your worth or credibility? ☐ Yes ☐ No ☐ Sometimes
5. Do you avoid asking for help because you believe you should be able to do it all yourself? ☐ Yes ☐ No ☐ Sometimes
6. Do you feel emotionally unsafe when things are messy, uncertain, or unfinished? ☐ Yes ☐ No ☐ Sometimes
7. Do you hold others to the same high standards you hold yourself to, even if it causes tension? ☐ Yes ☐ No ☐ Sometimes
8. Do you struggle with self-compassion when you fall short of your goals or expectations? ☐ Yes ☐ No ☐ Sometimes
9. Do you often feel like you're never doing enough, even when you're exhausted? ☐ Yes ☐ No ☐ Sometimes
10. Despite the stress it causes, do you believe perfectionism helps you stay successful or in control? ☐ Yes ☐ No ☐ Sometimes

**Are Your Answers Mostly “Yes”?:** These patterns may reflect perfectionistic tendencies that impact emotional safety and self-worth. Explore self-compassion and flexible goal-setting.

**Are Your Answers Mostly “Sometimes”?:** You may be navigating internal pressure and high expectations. Reflect on how this affects your nervous system and relational dynamics.

**Are Your Answers Mostly “No”?:** Perfectionism may not be a dominant pattern, but continued self-awareness and emotional flexibility are always beneficial.

*This quiz is for educational and self-reflective purposes only. It is not therapeutic advice.*