Listed below are a group of statements. Please rate your agreement with each of the statements using the following scale. If you strongly agree, circle 5. If you disagree, circle 1. If you feel somewhere in between, circle any one of the numbers between 1 and 5. If you feel neutral or undecided the middle point is 3.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **1** | **2** | **3** | **4** | **5** |
| **Disagree Strongly** |  | **Neutral** |  | **Agree Strongly** |

1. I think a lot about mistakes that I have made in front of other people 1 2 3 4 5

2. I always have to look as good as I can 1 2 3 4 5

3. I do not let other people know when I fail at something 1 2 3 4 5

4. It is important to act perfectly around other people 1 2 3 4 5

5. I always have to look perfect 1 2 3 4 5

6. I feel bad about myself when I make mistakes in front of other people 1 2 3 4 5

7. I have to look perfect around other people 1 2 3 4 5

8. I should always keep my problems secret 1 2 3 4 5

9. I want others to know about it when I do something well 1 2 3 4 5

10. I should fix my own problems rather than telling them to other people 1 2 3 4 5

11. Mistakes are worse when others see me make them 1 2 3 4 5

12. I never let others know how hard I work on things 1 2 3 4 5

13. If I seem perfect, other people will like me more 1 2 3 4 5

14. I do not want my friends to see even one of my bad points 1 2 3 4 5

15. I have to look like I always do things perfectly 1 2 3 4 5

16. It would be bad if I made a fool of myself in front of other people 1 2 3 4 5

17. I try hard to look perfect around other people 1 2 3 4 5

18. I like trying to look perfect to other people 1 2 3 4 5

**Scale Items**

|  |  |  |
| --- | --- | --- |
| Perfectionistic Self Promotion | Nondisplay of Imperfection | Nondisclosure of Imperfection |
| 1. I have to look perfect when I am around others
2. If I seem perfect, other people will like me more
3. I like trying to look perfect to other people
4. It is important to act perfectly around other people
5. I always have to look as good as I can
6. I have to look like I always do things perfectly
7. I always have to look perfect
8. I try hard to look perfect around other people
 | 1. I do not want my friends to see even one of my bad points
2. I feel bad about myself when I make mistakes in front of other people
3. Mistakes are worse when others see me make them
4. It would be bad if I made a fool of myself in front of other people
5. I think a lot about mistakes that I have made in front of other people
6. I want others to know about it when I do something well
 | 1. I never let others know how hard I work on things
2. I do not let other people know when I fail at something
3. I should always keep my problems secret
4. I should fix my own problems rather than telling them to other people
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