

## PERFECTIONISM COGNITIONS INVENTORY

SEX: M or F

MARITAL STATUS: \_\_\_\_\_

Listed below are a variety of thoughts about perfectionism that sometimes pop into people's heads. Please read each thought and indicate how frequently, if at all, the thoughts occurred to you **over the last week**. Please read each item carefully and *circle* the appropriate number, using the scale below.

0 = Not At All
1 = Sometimes
2 = Moderately Often
3 = Often
4 = All Of The Time

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|--------------------------------------------------------------------|---|---|---|---|---|
| 1. Why can't I be perfect.....                                     | 0 | 1 | 2 | 3 | 4 |
| 2. I need to do better .....                                       | 0 | 1 | 2 | 3 | 4 |
| 3. I should be perfect .....                                       | 0 | 1 | 2 | 3 | 4 |
| 4. I should never make the same mistake twice.....                 | 0 | 1 | 2 | 3 | 4 |
| 5. I've got to keep working on my goals .....                      | 0 | 1 | 2 | 3 | 4 |
| 6. I have to be the best .....                                     | 0 | 1 | 2 | 3 | 4 |
| 7. I should be doing more .....                                    | 0 | 1 | 2 | 3 | 4 |
| 8. I can't stand to make mistakes.....                             | 0 | 1 | 2 | 3 | 4 |
| 9. I have to work hard all the time .....                          | 0 | 1 | 2 | 3 | 4 |
| 10. No matter how much I do, it's never enough .....               | 0 | 1 | 2 | 3 | 4 |
| 11. People expect me to be perfect .....                           | 0 | 1 | 2 | 3 | 4 |
| 12. I must be efficient at all times.....                          | 0 | 1 | 2 | 3 | 4 |
| 13. My goals are very high .....                                   | 0 | 1 | 2 | 3 | 4 |
| 14. I can always do better, even if things are almost perfect..... | 0 | 1 | 2 | 3 | 4 |
| 15. I expect to be perfect.....                                    | 0 | 1 | 2 | 3 | 4 |
| 16. Why can't things be perfect? .....                             | 0 | 1 | 2 | 3 | 4 |
| 17. My work has to be superior .....                               | 0 | 1 | 2 | 3 | 4 |
| 18. It would be great if everything in my life was perfect.....    | 0 | 1 | 2 | 3 | 4 |
| 19. My work should be flawless .....                               | 0 | 1 | 2 | 3 | 4 |
| 20. Things are seldom ideal .....                                  | 0 | 1 | 2 | 3 | 4 |
| 21. How well am I doing?.....                                      | 0 | 1 | 2 | 3 | 4 |
| 22. I can't do this perfectly .....                                | 0 | 1 | 2 | 3 | 4 |
| 23. I certainly have high standards .....                          | 0 | 1 | 2 | 3 | 4 |
| 24. Maybe I should lower my goals.....                             | 0 | 1 | 2 | 3 | 4 |
| 25. I am too much of a perfectionist .....                         | 0 | 1 | 2 | 3 | 4 |
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