

## PERFECTIONISM RATING SCALES

### *Definitions of Dimensions of Perfectionism*

Please rate \_\_\_\_\_ on the following scales:

#### **Self-oriented Perfectionism**

Self-oriented perfectionism involves perfectionistic behavior that relates to, or is directed toward the self. Individuals who have high levels of self-oriented perfectionism have perfectionistic or unrealistic self- expectations for themselves and place a great deal of importance on attain perfection. They strive are preoccupied with their own demands for perfection and constantly require perfection from themselves in most aspects of their functioning. Even though the unrealistic nature of their produce many failures, these individuals rigidly adhere to their unrealistic expectations, continue to measure their self-worth in terms of perfection. In addition, these people spend a great deal of time comparing their performance with internal standards, believing that they should never make mistakes. Because they hate to fail at anything, they tend to avoid things that can't be done well, and average performance or any performance less than perfect is unacceptable. Not surprisingly, these individuals engage in a lot of self-punishment and self-criticism and focus on negative aspects of their own performance to the exclusion of positive aspects. Finally, because high levels of success are what they always expect of themselves, in times of success, there is little self-reward or congratulations extended to the self.

How much of a self-oriented perfectionist is this person:

0	1	2	3
Not at all	Somewhat	A lot	Extremely

#### **Other-Oriented Perfectionism**

Other-oriented perfectionism involves perfectionistic behaviour, as described above, but the perfectionism is directed toward other people rather than to the self. Individuals who have high levels of other-oriented perfectionism have perfectionistic or unrealistic expectations for others and place a great deal of importance on those others successfully attaining perfection. Not surprisingly, these individuals often engage in a lot of criticism and punishment of others and focus on negative aspects of others' performance to the exclusion of positive aspects. Finally, because high levels of success are what they always expect of others, in times of success, there is little reward administered or congratulations extended to the other person or persons.

How much of an other-oriented perfectionist is this person:

0	1	2	3
Not at all	Somewhat	A lot	Extremely

#### **Socially prescribed Perfectionism**

Socially prescribed perfectionism involves perceiving that other people have perfectionistic expectations for one's own behaviour and that other people expect or want the socially prescribed perfectionist to be perfect. Thus, self-worth is dependent on meeting other's expectations of perfection. In general, these people believe it is crucial attain the perfection that they believe others expect. Because the socially prescribed perfectionist thinks others' acceptance of them depends on their own performance, making mistakes or appearing anything less than perfect is highly unacceptable. When these individuals do attain standards or perform well on some task, they believe that others will now expect them to do even better. Because attaining others' goals and standards will win respect and caring, the socially prescribed perfectionists have a fear of looking silly or stupid to others and have a strong need to be admired and respected. Because the of unrealistic nature of the perfection demanded, these individuals see a lot of failure in themselves and believe that others will see them as total failures and, as a result, that others will reject them. Following successes, the socially prescribed perfectionist believes that others will discount the success and focus on the flaws. Furthermore, they believe that it is even more important to perform even better now.

How much of a socially prescribed perfectionist is this person:

0	1	2	3
Not at all	Somewhat	A lot	Extremely

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**The next three components of perfectionism involves not trying to be perfect or have others be perfect. Rather, the next three involves attempts to try to appear to perfect. That is, people will attempt to have others believe that they are perfect.**

### **Perfectionistic Self Promotion**

This kind of perfectionistic behavior involves a person actively proclaiming and displaying his or her own 'perfection' to others. They attempt to communicate what are presumed to be positive aspects of themselves self into interactions with others. That is, they attempt to look, demonstrate, or behave in a perfect manner to others. The individual communicates a picture of being flawlessly capable, moral, socially competent, absolutely successful. Individuals with this style will likely look for opportunities to impress others.

How much does this depiction describe the person you are rating:

0	1	2	3
Not at all	Somewhat	A lot	Extremely

### **Nondisplay of Imperfection**

This style of perfectionism behavior entails avoiding or concealing any behavior that could be judged by others as imperfect or as reflective of the individual's imperfection. Rather

than focusing on demonstrating one's perfection to others, this style involves avoiding being seen in any less-than-perfect way. Individuals with excessive levels of the Nondisplay of Imperfection would likely avoid situations that involve scrutiny of or evaluation by others, as well as where any personal shortcomings, mistakes, or inabilities may be revealed. They may also engage in attempts to hide mistakes from others and view any situation where they are required to perform, in any manner, as extremely risky.

How much does this depiction describe the person you are rating:

0	1	2	3
Not at all	Somewhat	A lot	Extremely

### **Nondisclosure of Imperfection**

This style of perfectionism is similar to the Nondisplay of Imperfections but in this case, the focus is on not revealing verbally to anyone any shortcomings, imperfections, or, generally, any information that could be viewed negatively by others. Thus, personal verbal disclosures of any imperfection (such as revealing one's thoughts, emotions, or any other personal information) are avoided. Individuals with excessive levels would avoid situations that involve admitting or discussing their perceived shortcomings. If compelled to be in one of these situations, they would likely not fully engage in self-disclosure and, thus, come across as cold, distant, and unlikeable to others. Individuals with excessive levels of this facet of perfectionistic self-presentation would likely view any conversation or interaction in which there is an expectation to be personally revealing as anxiety provoking and would experience a sense of vulnerability.

How much does this depiction describe the person you are rating:

0	1	2	3
Not at all	Somewhat	A lot	Extremely

Thank you for completing these ratings.