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 7; if you disagree, circle 1; if you feel somewhere in between, circle any one of the numbers between 1 and 7. If you feel neutral or undecided the midpoint is 4.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **1** | **2** | **3** | **4** | **5** | **6** | **7** |
| **Disagree Strongly** |  |  | **Neutral** |  |  | **Agree Strongly** |

 Disagree Agree

 Strongly Strongly

 1. It is okay to show others that I am not perfect 1 2 3 4 5 6 7

 2. I judge myself based on the mistakes I make in front of other people 1 2 3 4 5 6 7

 3. I will do almost anything to cover up a mistake 1 2 3 4 5 6 7

 4. Errors are much worse if they are made in public rather than in private 1 2 3 4 5 6 7

 5. I try always to present a picture of perfection 1 2 3 4 5 6 7

 6. It would be awful if I made a fool of myself in front of others 1 2 3 4 5 6 7

 7. If I seem perfect, others will see me more positively 1 2 3 4 5 6 7

 8. I brood over mistakes that I have made in front of others 1 2 3 4 5 6 7

 9. I never let others know how hard I work on things 1 2 3 4 5 6 7

 10. I would like to appear more competent than I really am 1 2 3 4 5 6 7

 11. It doesn’t matter if there is a flaw in my looks 1 2 3 4 5 6 7

 12. I do not want people to see me do something unless I am very good at it 1 2 3 4 5 6 7

 13. I should always keep my problems to myself 1 2 3 4 5 6 7

 14. I should solve my own problems rather than admit them to others 1 2 3 4 5 6 7

 15. I must appear to be in control of my actions at all times 1 2 3 4 5 6 7

 16. It is okay to admit mistakes to others 1 2 3 4 5 6 7

 17. It is important to act perfectly in social situations 1 2 3 4 5 6 7

 18. I don’t really care about being perfectly groomed 1 2 3 4 5 6 7

 19. Admitting failure to others is the worst possible thing 1 2 3 4 5 6 7

 20. I hate to make errors in public 1 2 3 4 5 6 7

 21. I try to keep my faults to myself 1 2 3 4 5 6 7

 22. I do not care about making mistakes in public 1 2 3 4 5 6 7

 23. I need to be seen as perfectly capable in everything I do 1 2 3 4 5 6 7

 24. Failing at something is awful if other people know about it 1 2 3 4 5 6 7

 25. It is very important that I always appear to be “on top of things” 1 2 3 4 5 6 7

 26. I must always appear to be perfect 1 2 3 4 5 6 7

 27. I strive to look perfect to others 1 2 3 4 5 6 7