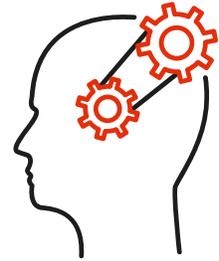


## IQ + EQ = Success: Emotional Awareness Am I a Perfectionist? Part 1

**Perfectionism** comes in many shapes and sizes. Perfectionism can also be caused by different sources, depending on the person and situation. You may even have signs of perfectionism without realizing it!

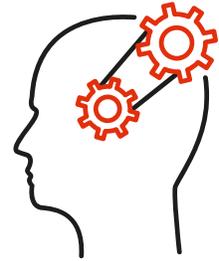
Take this quiz to determine if you have traits of perfectionism. Read each statement and decide if you agree or disagree with it. Write the number of points you earn for that answer in the column on the right; then total the number for each column at the bottom of the chart.



Characteristic	Disagree ← ← → → Agree					A	B	C
When I am working on something, I cannot relax until it is perfect.	1	2	3	4	5			
I have high expectations for the people who are important to me.	1	2	3	4	5			
Those around me readily accept that I can make mistakes too.	5	4	3	2	1			
I must work to my full potential at all times.	1	2	3	4	5			
I respect people who are average.	5	4	3	2	1			
It is not important that people I am close to are successful.	5	4	3	2	1			
Others will like me even if I don't excel at everything.	5	4	3	2	1			
I seldom feel the need to be perfect.	5	4	3	2	1			
I must always be successful at school or work.	1	2	3	4	5			
The better I do, the better I am expected to do.	1	2	3	4	5			
I cannot stand to see people close to me make mistakes.	1	2	3	4	5			
My family expects me to be perfect.	1	2	3	4	5			
It makes me uneasy to see an error in my work.	1	2	3	4	5			
I feel that people are too demanding of me.	1	2	3	4	5			
I seldom expect others to excel at whatever they do.	5	4	3	2	1			
I do not have to be the best at whatever I am doing.	5	4	3	2	1			
I find it difficult to meet others' expectations of me.	1	2	3	4	5			
The people who matter to me should never let me down.	1	2	3	4	5			
<b>Totals:</b>								

## IQ + EQ = Success: Emotional Awareness Am I a Perfectionist? Part 2

*This quiz is based on The Multidimensional Perfectionism Scale (Hewitt and Flett, 1990). It looks at three different types of perfectionism. Scores of over 20 in any area show that it may be an area of perfectionism.*



*Column A is correlated with **self-oriented perfectionism**. Self-oriented perfectionists have high standards for themselves and are unsatisfied if something is not “good enough.” People with **adaptive** (healthy) self-oriented perfectionism may get many things done and be very successful at school and work. A person with **maladaptive** (unhealthy) self-oriented perfectionism may struggle with poor self-esteem and avoidance of tasks when they think they can’t do it well enough.*

*Column B shows traits of **other-oriented perfectionism**. This type of perfectionist is easily frustrated when others don’t have the same high standard for performance as they do. This can cause a lot of problems with friends and group work. People around somebody with other-oriented perfectionism may see the person as a “know-it-all” or someone who is very judgmental.*

*Column C gives signs of **socially prescribed perfectionism**. People with this type of perfectionism often feel like they must live up to the expectations of those around them. When this type of perfectionism gets out of control, it can lead the person to believe that they are letting others down. This can cause anxiety and depression if it isn’t managed appropriately.*

Take a moment to reflect on your scores and write down some of your thoughts. If you need some ideas of what to write, here are some questions to consider: Is there an area where you show signs of perfectionism? Does perfectionism impact you or your relationships? If you could change yourself in one of these areas what would you change? Why do you think this would be beneficial?

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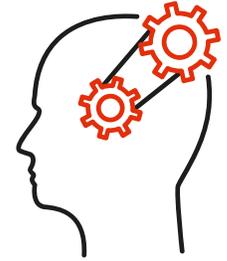
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Hewitt, P.L., & Flett, G.L. (1990). Perfectionism and depression: A multidimensional analysis. *Journal of Social Behavior and Personality*, 5, 423-438.



## IQ + EQ = Success: Emotional Awareness Testing Perfectionist Hypotheses

*Part of the reason high-ability people have a hard time overcoming perfectionism is because they have very intense emotions. If someone with perfectionism gets a B on a test, they feel extremely uncomfortable. The emotions associated with this discomfort might be described as disappointment, frustration, guilt, or shame. They may think to themselves, "I messed up on this project. I am the worst. I shouldn't even be in this class."*



*Intense emotions have to be balanced with logic. When a person's **emotional mind** and **logical mind** are balanced, it is called using our **wise mind**.*

*Considering an emotional situation from a scientific standpoint can help balance the emotional mind's thoughts and decisions. Scientists frequently create and test hypotheses and base their decisions on logic and facts. Try to design an experiment that would allow a test of whether the beliefs associated with perfectionism are based on emotions or fact.*

If Jordan doesn't get a 100% on an assignment, he worries about how his overall grade will be impacted. He even will even try to stay home from school if he doesn't believe his work is "good enough."

Follow the scientific method to design an experiment to test Jordan's emotional thinking.

**Step One: Develop a question to test.**

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**Step Two: Develop a hypothesis.**

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**Step Three: What process will be used to test this hypothesis?**

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**Step Four: How will the data collected support or refute the hypothesis?**

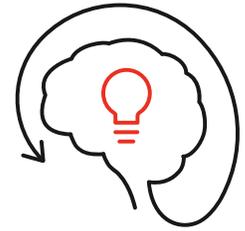
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## IQ + EQ = Success: Optimism Realistic Reframes

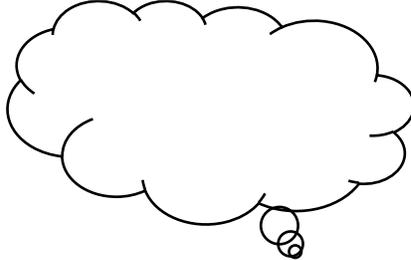
Sometimes perfectionists get really mad when they make a mistake on a paper. Art projects can be really difficult when things don't look "just right." When a teacher hands back a paper with score that is less than perfect, someone might try to rip up the paper or throw it away to get rid of the negative feelings they have about not being satisfied with a grade.



Recognizing the negative thoughts when these things happen is very important. It is also important to realize that **thoughts and feelings are NOT facts**. Just because someone has the thought, "I am terrible at math," because of a poor test grade does not actually mean that they are terrible at math. Sometimes brains give us these **automatic thoughts** and it is hard to ignore them.

To overcome "off-the-mark" automatic thoughts, first recognize the thoughts for what they are. It helps to imagine the thought in a thought bubbles floating above a head, like a cartoon. Then, create a **realistic reframe**. A realistic reframe is a way to change the thought to something that is more optimistic. It doesn't ignore the uncomfortable emotions that go along with the off-the-mark thought, but it does figure out a way to go forward.

Change the negative automatic thoughts to realistic reframes.

"Off-The-Mark" Thought	→ → → → →	Realistic Reframe
 <p>I got an answer wrong when the teacher called on me. Now everyone thinks I'm dumb.</p>		<p>I am allowed to make mistakes like everyone else.</p> 
 <p>My day is ruined because the other kids in my group wouldn't use my ideas.</p>		 
 <p>I should be smart enough to be able to do this math test without showing my work.</p>		