

Social Perfectionist Quiz

This rating exercise can give you a clue to your level of social perfectionism. Evaluate each statement on a scale from 1-5. Use 1=disagree strongly and 5=agree strongly.

When I tell a joke, it should be funny to everyone. _____

If I stumble on a word, people will think that there is something wrong with me. _____

If I say something that turns out to be wrong, people will think I am stupid. _____

If I forget people's names they will think I don't care about them. _____

If someone criticizes what I am wearing, I have bad taste in clothing. _____

Awkward silences don't happen in normal conversations. _____

If I say something that someone takes the wrong way, I am insensitive. _____

When giving an oral presentation I should be relaxed and confident. _____

If I appear nervous, (for example I blush or shake), others will see me as weak. _____

Total Score _____