

Frost Multidimensional Perfectionism Scale - Brief

Please circle the number that best corresponds to your agreement with each statement below. Use this rating system:

	Strongly disagree				Strongly agree
	1	2	3	4	5
1. If I fail at work/school, I am a failure as a person.	1	2	3	4	5
2. I set higher goals for myself than most people.	1	2	3	4	5
3. If someone does a task at work/school better than me, then I feel like I failed at the whole task.	1	2	3	4	5
4. I have extremely high goals.	1	2	3	4	5
5. Other people seem to accept lower standards from themselves than I do.	1	2	3	4	5
6. If I do not do well all the time, people will not respect me.	1	2	3	4	5
7. I expect higher performance in my daily tasks than most people.	1	2	3	4	5
8. The fewer mistakes I make, the more people will like me.	1	2	3	4	5

Scoring: Sum items for the following subscales. Do not use a total score.

Striving: 2, 4, 5, 7

EC: 1, 3, 6, 8