**Whiz Quiz: are you a perfectionist?**

Answer the following yes/no questions as honestly as possible.

|  |  |  |
| --- | --- | --- |
| **Questions** | | **Answer** |
| 1. | Have you ever erased something on paper so hard that you put a hole through the paper? |  |
| 2. | Do you begin assignments over and over, thinking your first try isn’t good enough? |  |
| 3. | When you get papers back from your teacher, do you immediately examine any mistakes you made before noticing all of the correct answers? |  |
| 4. | Do you sometimes revise your assignments up until the very last second before handing them in? |  |
| 5. | Do you practice sports, dance, music, or other activities so much that you get exhausted or even sick? |  |
| 6. | If you get a B on a test or lose a sports game, does it ruin your whole day, and sometimes even your whole week? |  |
| 7. | Do you prefer to work on a project alone so other can’t mess it up? |  |
| 8. | Do you take a long time to make up your mind? |  |
| 9. | Are you always comparing yourself to others and coming up short? |  |
| 10. | Do you often criticize others when they make mistakes (even if you might not say it out loud)? |  |

Count the number of times you answered *yes.*

If you answered *yes* to more than a few of these questions, chances are you have a touch of the perfection infection. You probably sometimes . . .

* feel sad, lonely, or anxious (or all three).
* believe that nothing you do is ever good enough.
* do things to please others instead of doing them because you want to.
* don’t try new thinks because you’re scared you won’t be able to do them perfectly.

Read pages 62–64 and 72–73. Be ready to discuss how perfectionism can stand in the way of success and how to deal with stress in healthy ways.