

## Almost Perfect Scale-Revised Instructions

The following statements are designed to measure people's attitudes toward themselves, their performance, and others. There is no right or wrong answer to any.

Respond to each with your first impression using the scale below to describe your degree of agreement with each.

Don't spend too much time on individual statements when responding.

When completed, refer to the scoring instructions on the sheet that follows.

| 1                    | 2        | 3                    | 4       | 5                 | 6     | 7                 |
|----------------------|----------|----------------------|---------|-------------------|-------|-------------------|
| Strongly<br>Disagree | Disagree | Slightly<br>Disagree | Neutral | Agree<br>Slightly | Agree | Strongly<br>Agree |

1. I have high standards for my performance at work or at school.
2. I am an orderly person.
3. I often feel frustrated because I can't meet my goals.
4. Neatness is important to me.
5. If you don't expect much out of yourself, you will never succeed.
6. My best just never seems to be good enough for me.
7. I think things should be put away in their place.
8. I have high expectations of myself.
9. I rarely live up to my high standards.
10. I like to always be organized and disciplined.
11. Doing my best never seems to be enough.
12. I set very high standards for myself.
13. I am never satisfied with my accomplishments.
14. I expect the best from myself.
15. I often worry about not measuring up to my own expectations.
16. My performance rarely measures up to my standards.
17. I am not satisfied even when I know I have done my best.

|                      |          |                      |         |                   |       |                   |
|----------------------|----------|----------------------|---------|-------------------|-------|-------------------|
| 1                    | 2        | 3                    | 4       | 5                 | 6     | 7                 |
| Strongly<br>Disagree | Disagree | Slightly<br>Disagree | Neutral | Agree<br>Slightly | Agree | Strongly<br>Agree |

18. I try to do my best at everything I do.

19. I am seldom able to meet my own high standards of performance.

20. I am hardly ever satisfied with my performance.

21. I hardly ever feel that what I've done is good enough.

22. I have a strong need to strive for excellence.

23. I often feel disappointment after completing a task because I know I could have done better.

(based on Slaney, Mobley, Trippi, Ashby, & Johnson, 1996, 2001)

## Scoring - APS-R

1. Total your response scores for items numbered 1, 5, 8, 12, 14, 18, 22.  
Max score is 49.
2. Total your response scores for items numbered = 2, 4, 7, 10.  
Max score is 28.
3. Total your response scores for items numbered =3, 6, 9, 11, 13, 15, 16, 17, 19, 20, 21, 23. Max score is 84.

If total score for #1 is 25 - 49 your responses are in the high end of the Standards Scale and indicates perfectionism.

If total score for #2 is 14 – 28 your responses are in the high end of the Order Scale, which indicates perfectionism.

If total score for #3 is 42 - 84 your responses are in the high end on the Discrepancy Scale  
A high rating for both #1 and #3, suggests your responses are in the maladaptive perfectionism range.

This is a guide only, as with all surveys there are variations to possible outcomes.

For ways to deal with problem perfectionism, see [A Perfectionist Guide to Freedom from 'not good enough'](#), an article from Heart of Substance at [imajnearth.com](http://imajnearth.com).

## About APS-R

The designers of APS-R (Slaney et al., 2001) consider Standards and Discrepancy as defining elements of perfectionism. High scores in Standards mean high expectations being set with a high need for excellence. This defines perfectionists, whether they are 'maladaptive' or 'adaptive'. A high score on the Discrepancy Scale combined with a high score in Standards is what indicates a maladaptive type of perfectionism. Maladaptive basically means less flexible to the point of frustration and inability to reach goals or just the continual 'not good enough'.

Slaney, R. B., Rice, K. G., Mobley, M., Trippi, J., & Ashby, J. S. (2001). The Revised Almost Perfect Scale. *Measurement and Evaluation in Counseling And Development*, 34(3), 130-145.