(315) Friends’ Adaptive/Maladaptive Perfectionism Scale: Contingent Self-esteem Scale

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|  | Please read the following statements carefully and circle the number that best describes your friends. | Really  Unlike Them | Somewhat  Unlike Them | Somewhat  Like Them | Really  Like Them |
| 1. | They feel super when I do well at something. | 1 | 2 | 3 | 4 |
| 2. | Once they do well at something, they are pleased. | 1 | 2 | 3 | 4 |
| 3. | They like to help others after they do something well. | 1 | 2 | 3 | 4 |
| 4. | After doing an activity, they feel happy. | 1 | 2 | 3 | 4 |
| 5. | They like to share their ideas with others. | 1 | 2 | 3 | 4 |