(56) The Adaptive/Maladaptive Perfectionism Scale: Sensitivity to Mistakes Scale

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|  | Please read the following statements carefully and circle the number that best describes you. | ReallyUnlike Me | SomewhatUnlike Me | SomewhatLike Me | ReallyLike Me |
| 1. | I am fearful of making mistakes. | 1 | 2 | 3 | 4 |
| 2. | I do not get mad if I make a mistake. | 1 | 2 | 3 | 4 |
| 3. | When I make a mistake, I feel so bad that I want to hide. | 1 | 2 | 3 | 4 |
| 4. | I get mad when I see a mistake in my work. | 1 | 2 | 3 | 4 |
| 5. | I become sad when I see a mistake on my paper. | 1 | 2 | 3 | 4 |
| 6. | I notice more what I do right than what I do wrong. | 1 | 2 | 3 | 4 |
| 7. | When one thing goes wrong, I wonder if I can do anything right. | 1 | 2 | 3 | 4 |
| 8. | Making one mistake is as bad as making ten mistakes. | 1 | 2 | 3 | 4 |