(58) The Adaptive/Maladaptive Perfectionism Scale: Compulsiveness Scale

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|  | Please read the following statements carefully and circle the number that best describes you. | Really  Unlike Me | Somewhat  Unlike Me | Somewhat  Like Me | Really  Like Me |
| 1. | I like things to always be in order. | 1 | 2 | 3 | 4 |
| 2. | I take a long time to do something because I check it many times. | 1 | 2 | 3 | 4 |
| 3. | I always make a list of things and check them off after I do them. | 1 | 2 | 3 | 4 |
| 4. | I have certain places where I always put my things. | 1 | 2 | 3 | 4 |
| 5. | I cannot relax until I have done all my work. | 1 | 2 | 3 | 4 |
| 6. | I only like to do one task at a time. | 1 | 2 | 3 | 4 |