

MPS

Detta frågeformulär innehåller en uppräknig av påståenden.

Läs varje påstående noggrant. Ta ställning till i vilken mån Du instämmer genom att markera med ett "X" för varje påstående i den kolumn som bäst svarar mot vad Du själv tycker.

Det finns inget svar som är rätt eller fel eftersom vi människor är olika.

Exempel:

	0 Avvisar helt	1 Avvisar i viss mån	2 Neutral	3 Instämmer i viss mån	4 Instämmer helt
Kritik gör mig vanligtvis mycket upprörd.					

Observera att personen i exemplet svarade genom att markera "Instämmer i viss mån" kolumnen. Det betyder att hon/han har en tendens att bli upprörd när hon får kritik.

Endast ETT svarsalternativ får väljas för varje påstående.

NAMN.....

DAUM.....

- Q1 My parents set very high standards for me.
- Q2 Organization is very important to me.
- Q3 As a child, I was punished for doing things less than perfect.
- Q4 If I do not set the highest standards for myself, I am likely to end up a second rate person.
- Q5 My parents never tried to understand my mistakes.
- Q6 It is important to me that I am thoroughly competent in everything I do.
- Q7 I am a neat person.
- Q8 I try to be an organized person.
- Q9 If I fail at work/school, I am a failure as a person.
- Q10 I should be upset if I make a mistake.
- Q11 My parents wanted me to do the best at everything.
- Q12 I set higher goals than most people.
- Q13 If someone does a task at work/school better than I, then I feel like I failed the whole task.
- Q14 If I fail partly, it is as bad as being a complete failure.
- Q15 Only outstanding performance is good enough in my family.
- Q16 I am very good at focusing my efforts on attaining a goal.
- Q17 Even when I do something very carefully, I often feel that it is not quite right.
- Q18 I hate being less than the best at things.
- Q19 I have extremely high goals.
- Q20 My parents have expected excellence from me.
- Q21 People will probably think less of me if I make a mistake.
- Q22 I never felt like I could meet my parent's expectations.
- Q23 If I do not do as well as other people, it means I am an inferior human being.
- Q24 Other people seem to accept lower standards from themselves than I do.
- Q25 If I do not do well all the time, people will not respect me.
- Q26 My parents have always had higher expectations for my future than I

have.

Q27 I try to be a neat (tidy) person.

Q28 I usually have doubts about the simple everyday things I do.

Q29 Neatness is very important to me.

Q30 I expect higher performance in my daily tasks than most people.

Q31 I am an organized person.

Q32 I tend to get behind in my work because I repeat things over and over.

Q33 It takes me a long time to do something "right."

Q34 The fewer mistakes I make, the more people will like me.

Q35 I never felt like I could meet my parent's standards.
