

### Short Almost Perfect Scale

The following items are designed to measure certain attitudes people have toward themselves, their performance, and toward others. It is important that your answers be true and accurate for you. In the space next to the statement, please enter a number from "1" (strongly disagree) to "7" (strongly agree) to describe your degree of agreement with each item.

STRONGLY DISAGREE 1	DISAGREE 2	SLIGHTLY DISAGREE 3	NEUTRAL 4	SLIGHTLY AGREE 5	AGREE 6	STRONGLY AGREE 7
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- \_\_\_\_\_ 1. I have high expectations for myself.
- \_\_\_\_\_ 2. Doing my best never seems to be enough.
- \_\_\_\_\_ 3. I set very high standards for myself.
- \_\_\_\_\_ 4. I often feel disappointment after completing a task because I know I could have done better.
- \_\_\_\_\_ 5. I have a strong need to strive for excellence.
- \_\_\_\_\_ 6. My performance rarely measures up to my standards.
- \_\_\_\_\_ 7. I expect the best from myself.
- \_\_\_\_\_ 8. I am hardly ever satisfied with my performance.