

# TRAITS OF A PERFECTIONIST

Following is a list of traits of individuals who are perfectionists or obsessive compulsive (oc). For a complete list, refer to the book *Happiness Is A Choice* (Baker Books, 1994). Having some of these traits does not necessarily mean that an individual is a perfectionist or obsessive compulsive. An evaluation by a trained professional is highly recommended to determine if a serious condition is present that may require treatment.

1. Neat.
2. Clean.
3. Orderly.
4. Conscientious.
5. Meticulous.
6. Works too hard.
7. Unable to relax.
8. Overly conscientious.
9. Overly concerned.
10. Thinking is rigid.
11. Inflexible.
12. Frequently rationalizes to deceive and defend self.
13. Intellectualizes to avoid emotions.
14. Seems "cold."
15. Tends to split hairs.
16. Is anti-authority (at times).
17. Is pulled between obedience and defiance; obedience usually wins.
18. Obedience leads to rage.
19. Defiance leads to fear.
20. Needs to be in control of self and others who are close by.
21. Needs power.
22. Is intensely competitive.
23. Feels with the mind (too logical).
24. Keeps emotions a secret from others.
25. A common defense is isolation of feelings.
26. Uses magical thinking as a defense.
27. Postpones pleasure (unconscious guilt).
28. Lives in the future.
29. Lacks spontaneity.
30. Very insecure.
31. Needs respect and security.
32. Craves dependent relationships, but at the same time fears dependent relationships.
33. Words become a substitute for responsible action.
34. Is very moral.
35. Has feelings of helplessness.
36. Needs to feel omnipotent.
37. Has trouble with commitment.
38. Fears loss of control.
39. Focuses on irrelevant details.
40. Uses techniques to conceal anger.
41. Handshake is rigid.
42. Is extraordinarily self-willed.
43. Avoids recognition of own fallibility.
44. Is stubborn.
45. Is parsimonious (stingy with love and time).
46. Is obstinate.
47. Is punctual.
48. Persistent.
49. Reliable.
50. Overdeveloped superego.
51. Feels comfortable only when knows everything.
52. Insists on ultimate truth in all matters.
53. Has exaggerated expectations of self and others.
54. Theologically doubts own salvation.
55. Rechecks things (such as door latches) to achieve certainty.
56. Has a single-minded style of thinking.
57. Is good at tasks that require intense concentration.
58. Despises indecisiveness in self.
59. Is critical.
60. Has a grandiose view of self.
61. Rituals are important.
62. Denies death.
63. Has trouble admitting mistakes.
64. Gives minimal commitment, but demands maximal commitment in relationships.
65. Courtship characterized by excessive cautions or restraints.
66. Intimacy is limited.
67. Likes lists.
68. Legalistic in dealing with self and others.
69. Chronic worrier.

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