

Are You a Christian Perfectionist?

1. Do you constantly feel that you are not close enough to God?
2. Do you find that you are constantly wrestling with your spiritual condition and feeling disturbed about where you stand with God?
3. Do you constantly feel a disturbance that you need to do more with prayer, Bible reading and witnessing?
4. Do you beat yourself up when you sin or make mistakes, where you have a hard time recovering?
5. Are you obsessively reading and searching for biblical perspectives to “fix” what you are going through?
6. Do you fixate on where other people are not following your biblical and spiritual perspectives and standards?
7. Do you live under constant pressure regarding your thoughts, emotions and what you feel is expected of you?
8. Do you freak out when people see your weaknesses, flaws or mistakes?
9. Do you put off taking new steps or trying new things because you want to make sure you learn enough before you try? Are you preoccupied with all the obstacles and challenges, so you don't bother taking a step?
10. Do you avoid trying new things because you don't want people to see that you are not that good at it?
11. Do you find yourself disturbed about your past on a regular basis? (Do you find yourself reliving them, especially the ones that people saw?)
12. Do you lean towards looking for the rules in the Bible and constantly look for black and white answers to your biblical questions?
13. Do you struggle to celebrate good things because you are preoccupied with what is wrong?
14. Do you find it hard to believe compliments because you don't meet your own standards?
15. Are you often irritable?

16. Do you struggle with contentment because that seems like mediocrity and being "average," which to you means failure?
17. Do you often feel guilty because you do not accomplish the things that you see others doing?
18. Do you feel that you have no purpose in life unless you can make a spectacular performance or contribution in some way?
19. Do you struggle to have fun, take yourself too seriously and have difficulty being present in relationships, because you are preoccupied with disturbance about the future, something you think needs fixing or solving?
20. Do you feel that keeping spiritual appearance and presentation immaculate is important to keeping the approval of others or maintaining a sense of peace?
21. Do you have a hard time letting things go, but instead obsess over them?