

Almost Perfect Scale -Revised (Traditional Chinese HK)

The following items are designed to measure attitudes people have toward themselves, their performance, and toward others. There are no right or wrong answers. Please respond to all of the items. Use your first impression and do not spend too much time on individual items in responding.

下列各題旨在衡量人們對自己、對自己的表現和對別人的看法。這些題目沒有對或錯的答案。請你以第一個感覺回答所有題目，並不要在個別題目花費太多時間。

Respond to each of the items using the scale below to describe your degree of agreement with each item. Put a circle in the appropriate number.

答題時，請以下表分析你對各題的同意程度，並圈上所代表的數字。

	Strongly Disagree 極不同意	Disagree 不同意	Slightly Disagree 有點不同意	Neutral 中立	Slightly Agree 有點同意	Agree 同意	Strongly Agree 極為同意
1. I have high standards for my performance at work or at school. 我對自己的工作或學習表現有很高的標準。	1	2	3	4	5	6	7
2. I am an orderly person. 我是一個井井有條的人。	1	2	3	4	5	6	7
3. I often feel frustrated because I can't meet my goals. 我常常因為未能達到自己的目標而感到沮喪。	1	2	3	4	5	6	7
4. Neatness is important to me. 我重視整潔。	1	2	3	4	5	6	7
5. If you don't expect much out of yourself, you will never succeed. 若我對自己沒有太高的期望，我便永遠不會成功。	1	2	3	4	5	6	7
6. My best just never seems to be good enough for me. 對我來說，我最佳的表現還像不夠好。	1	2	3	4	5	6	7
7. I think things should be put away in their place. 我認為物件應該收拾放好在原來的地方。	1	2	3	4	5	6	7

	Strongly Disagree 極不同意	Disagree 不同意	Slightly Disagree 有點 不同意	Neutral 中立	Slightly Agree 有點同意	Agree 同意	Strongly Agree 極為同意
8. I have high expectations for myself. 我對自己期望很高。	1	2	3	4	5	6	7
9. I rarely live up to my high standards. 我很少達到自己定下的高標準。	1	2	3	4	5	6	7
10. I like to always be organized and disciplined. 我喜歡保持有條不紊和自律的習慣。	1	2	3	4	5	6	7
11. Doing my best never seems to be enough. 我最佳的表現永遠也像不夠好。	1	2	3	4	5	6	7
12. I set very high standards for myself. 我對自己定下很高的標準。	1	2	3	4	5	6	7
13. I am never satisfied with my accomplishments. 我從不滿意自己的成就。	1	2	3	4	5	6	7
14. I expect the best from myself. 我期望自己做到最好。	1	2	3	4	5	6	7
15. I often worry about not measuring up to my own expectations. 我常常擔心未能達到自己的期望。	1	2	3	4	5	6	7
16. My performance rarely measures up to my standards. 我的表現很少達到我的標準。	1	2	3	4	5	6	7
17. I am not satisfied even when I know I have done my best. 即使我知道我已盡力做到最好，但我不滿意。	1	2	3	4	5	6	7
18. I try to do my best at everything I do. 我會把每一件事情做到最好。	1	2	3	4	5	6	7
19. I am seldom able to meet my own high standards of performance. 我很少能達對自我表現所定下的高標準。	1	2	3	4	5	6	7
20. I am hardly ever satisfied with my performance. 我甚少滿意自己的表現。	1	2	3	4	5	6	7
21. I hardly ever feel that what I've done is good enough. 我甚少覺得我的表現稱得上好。	1	2	3	4	5	6	7

	Strongly Disagree 極不同意	Disagree 不同意	Slightly Disagree 有點 不同意	Neutral 中立	Slightly Agree 有點同意	Agree 同意	Strongly Agree 極為同意
22. I have a strong need to strive for excellence. 我極力要求自己表現優越。	1	2	3	4	5	6	7
23. I often feel disappointment after completing a task because I know I could have done better. 即使一件工作已經完成，但是我常常因為知道自己其實能做得更好而感到失望。	1	2	3	4	5	6	7

<Thank You Very Much>

謝謝你的幫忙和合作

Note: item 7 has been amended on 19 Feb 2004.

Source:

Slaney, R.B., Rice, K.G. , Mobley, M., Trippi, J., Ashby, J.S. (2001). The revised almost perfect scale. Measurement and Evaluation in Counseling and Development, 34, 130-145.

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