



मनस् – CENTER FOR MENTAL WELLNESS & COUNSELLING

# Am I an Academic Perfectionist?

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10 questions about perfectionism in studies

**Dr. Priya Dubey Sharma**

Founder & Consulting Psychologist  
Applied, Organizational & Behavioural Psychologist | PhD | 18+ Years Experience



## Dr. Priya Dubey Sharma

Founder & Consulting Psychologist | PhD | 18+ Years

Dr. Priya Dubey Sharma is an Applied, Organizational & Behavioural Psychologist with a PhD in Psychology and over 18 years of experience. As the Founder of Manas – Center for Mental Wellness & Counselling, she has guided thousands of individuals through anxiety, depression, relationship challenges, and life transitions.

Her approach combines evidence-based techniques with deep cultural understanding of the Indian lived experience.

“Anxiety is not a character flaw. It is your nervous system doing exactly what it was designed to do – protect you. What we work on together is teaching it when to stand down.”

### THE STORY

#### Manas was not built in a boardroom.

It was built in a home, watching a father heal people for forty years. Dr. Rangnath Dubey – DHB, MBHCS, AVR – spent four decades believing that no ailment is ever purely physical. Every patient carried a story, and he always made time for that story.



Dr. Rangnath Dubey  
DHB · MBHCS · AVR

“I didn’t decide to become a psychologist. I realised, quite late, that I had always been one – I just needed the training to do it properly.”

18+

Years of practice

5,000+

Lives touched

5

Intl memberships

UN · SBI

Institutional roles



## Am I an Academic Perfectionist?

This assessment helps you understand your tendencies towards perfectionism. Answer honestly to get a clearer picture of your thought patterns.

### Assessment Questions

Answer yes or no to each question. Focus on your experience over the past 2 weeks.

- Do you often find yourself unable to submit work because it doesn't feel absolutely perfect?
- Do you think getting anything less than 90% on an assignment is a complete failure?
- Do you frequently procrastinate on tasks because you fear you won't be able to do them perfectly?
- Do you experience physical discomfort or stress when your work is not up to your own exacting standards?
- Do you feel devastated or overly critical of yourself when you receive criticism or a lower grade than expected?
- Do you often compare your academic performance to those who achieve the highest marks, feeling inadequate?
- Do you find it difficult to celebrate your achievements, immediately focusing on the next task or goal?
- Do you spend a disproportionate amount of time on low-stakes tasks, trying to make them flawless?
- Do you fear that submitting imperfect work reflects negatively on your character or worth?
- Do you struggle to delegate tasks, believing you must do everything yourself to ensure perfection?

**Score:** Count the number of 'Yes' answers. This will help indicate your level of perfectionistic tendencies.



## Your Results

Find your score range below. Remember — this is a starting point, not a diagnosis.

### SCORE: 0-3

#### High Standards (Healthy)

Your high standards likely motivate you positively. You can set challenging goals and achieve them without undue stress.

### SCORE: 4-6

#### Mild Perfectionism

You have a tendency towards perfectionism that may occasionally cause some stress. Exploring the impact of these thoughts can be beneficial.

### SCORE: 7-8

#### Moderate Perfectionism

Your perfectionistic tendencies are quite noticeable and might be causing significant distress. It would be helpful to seek guidance on managing these thoughts.

### SCORE: 9-10

#### Severe Perfectionism

Your perfectionism appears to be a major source of distress and may be significantly impacting your well-being. Seeking professional support is strongly encouraged.

**Whatever your score: You took the time to check in with yourself. That takes courage.**

### DR. PRIYA'S TIP

Remember that striving for excellence is good, but letting perfectionism control your life can be draining. Focus on progress, not just flawlessness, and be kind to yourself.

[Book a Session with Dr. Priya](#)



## Personal Reflection

Take a few minutes. Write whatever comes to mind.

1. What specific situations trigger your strongest perfectionistic thoughts?

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2. How do these thoughts affect your relationships and overall happiness?

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3. What is one small step you can take to challenge an all-or-nothing belief?

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How are you feeling right now? Circle one:



Very difficult



A bit low



Okay



Feeling good



Very well

## Continue Your Journey

Recommended resources based on your results:

1

### Mindfulness for Students

Learn techniques to stay present and reduce academic stress.

₹199

2

### Time Management Toolkit

Master your schedule and boost productivity effectively.

₹99

3

### Dealing with Criticism

Develop resilience and learn to handle feedback constructively.

₹199

### TAKE A FULL ASSESSMENT

For a comprehensive, clinically validated evaluation, take the full assessment — plus 270+ validated tools — at [manas365.com/assessments](https://manas365.com/assessments)



### Audio Companion

Scan for a free 3-minute guided breathing exercise with Dr. Priya's voice.



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**"You are not your anxiety. Anxiety is just a very loud roommate who has overstayed their welcome. You have the tools to ask them to quiet down."**

— Dr. Priya Dubey Sharma

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**Disclaimer:** This resource has been prepared by Dr. Priya Dubey Sharma — Founder & Consulting Psychologist (Applied, Organizational & Behavioural Psychologist, PhD, 18+ years), Manas – Center for Mental Wellness & Counselling. This is a wellness education and self-help resource for educational purposes only. It does not constitute a clinical diagnosis, clinical assessment, or treatment recommendation for any mental health condition, and has no relevance or admissibility in any court of law, legal proceeding, or official dispute resolution process. It is not a substitute for professional psychological, medical, or legal advice. For personalised support, reach out to the Manas Team for guidance, or consult a qualified Psychiatrist or licensed mental health professional. © 2026 Manas – Center for Mental Wellness & Counselling. All rights reserved. For queries: [priya@manas365.com](mailto:priya@manas365.com) | +91 99818 13224