



OCPD Symptoms Quiz

Here's a short, self-reflection quiz that can help you see whether you show traits commonly associated with Obsessive-Compulsive Personality Disorder (OCPD).

It's not a diagnosis—only a licensed professional can diagnose—but it can highlight patterns worth exploring.

OCPD Traits Self-Check (Quick Quiz)

Instructions: Read each statement and answer honestly based on how you are most of the time.

- 0 = Not at all true
- 1 = Somewhat true
- 2 = Mostly true
- 3 = Very true

Questions

1. I feel uncomfortable when things aren't done exactly the "right" way, even if the outcome is fine.
2. I spend so much time perfecting details that I sometimes miss deadlines or delay finishing tasks.
3. I find it hard to delegate because others won't do things correctly.
4. I have very high standards for myself and others—and get frustrated when they aren't met.
5. I prefer rules, schedules, and structure, and feel anxious when plans change.
6. I often prioritize work, productivity, or responsibility over relaxation or relationships.
7. I struggle to relax unless I feel everything is "in order."
8. I can be rigid or stubborn about morals, values, or the "proper" way to do things.



Traits can be learned from a parent who exhibits them, but it is not hereditary.

Questions Contd...



9. I feel uneasy spending money unless it feels necessary or justified.
10. Others have described me as controlling, perfectionistic, or inflexible.

Scoring (Informal)

- 0–10: Few OCPD-like traits
- 11–20: Some traits that may cause stress
- 21–30: Many traits consistent with OCPD patterns

Important: A high score does not mean you have OCPD. It suggests traits that might be impacting your life or relationships.

OCPD

VS

OCD

Text
ART

Key Difference to Know

- OCPD is about perfectionism, control, and rigidity that feels right or necessary.
- OCD involves unwanted intrusive thoughts and compulsions done to reduce anxiety.

When to Consider Professional Help

You might want to talk to a therapist if these traits:

- Cause frequent conflict with others
- Lead to burnout or chronic stress
- Make it hard to enjoy life or relax
- Feel impossible to change despite effort

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