

## FFOCI Scale Definitions:

**Perfectionism:** a personal standard of competence that demands perfection and rejects anything less, as evident in such behaviors as demanding that work is flawless and getting bogged down in making sure even the smallest aspect of a project is just right.

**Fastidiousness:** excessively particular or demanding with respect to orderliness and organization, as evident in such behaviors as being very methodical about even the smallest level of detail.

**Punctiliousness:** excessively strict or exact in the adherence to duties and responsibilities, as evident in such behavior as demanding strict adherence to all rules and regulations.

**Workaholism:** a maladaptive achievement-striving in which work and accomplishments are emphasized at the expense of other pursuits, as evident in such behavior as sacrificing relationships and leisure activity for the sake of productivity.

**Doggedness:** excessively and tenaciously disciplined, as evident in such behaviors as a single-minded determination to always finish what one has started, no matter the cost.

**Ruminative Deliberation:** excessive deliberation, as evident in such behavior as being unable to make a decision due to considering and even dwelling upon all possible concerns.

**Detached Coldness:** A lack of interpersonal warmth, as evident by appearing excessively reserved, serious, or formal.

**Risk Aversion:** an excessive reluctance to take chances or risks, as evident in such behavior as always playing it safe, preferring the safe and subdued over thrills and excitement.

**Excessive Worry:** anxiously worrying about many different things, including work, the future, and how things can go wrong.

**Constricted:** lack of awareness or appreciation for the emotions of one's self or others, as evident in being excessively dispassionate, not experiencing a wide range of feelings, and valuing logic over emotions.

**Inflexibility:** lack of openness to options or actions, as evident in such behavior as being rigidly stuck in one way of doing things without considering alternatives.

**Dogmatism:** a closed-minded sense of values, as evident in having an excessively rigid adherence to a moral code.