

## Ask yourself: ‘Do I ever feel like an imposter?’

**Is the Imposter Syndrome - a distorted belief around who you are and what you are capable of - standing in the way of living up to your potential?**

Complete the questionnaire and count the number of ‘Yes’ responses:

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| 1. Have you ever felt like a fake or fraud in any area of your life?   | Yes | No |
| 2. Have you ever felt that others don’t see you as you truly are?  | Yes | No |
| 3. If so, do you believe that if they could really see you deep down, they might not like what they saw?   | Yes | No |
| 4. Do you ever feel as though you just don’t fit ?   | Yes | No |
| 5. When you have a meeting or presentation of some kind, do you take longer than you think you should to prepare?  | Yes | No |
| 6. If you make a mistake, do you feel you have failed - even if it wasn’t your fault?  | Yes | No |
| 7. Do you ever get upset when you receive negative feedback ... or feedback you perceive to be negative?   | Yes | No |
| 8. Do you have a hard time asking for help because you think you should know how to do it yourself?  | Yes | No |
| 9. Are you a perfectionist? Do you focus on the ideal and the gap between the level at which you delivered and that ideal?   | Yes | No |
| 10. Have you objectively achieved success (others would say you are successful) and yet felt that your successes were unimportant or due to some other external factor rather than your own talent, intelligence and experience? | Yes | No |

### What does the score mean?

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| 0-2 Yes responses | The Imposter Syndrome is not a problem for you - it’s unlikely to be impacting your performance and success.   |
| 3-5 Yes responses | You probably experience the Imposter Syndrome, though it is not something that occurs often or derails your success. You may feel not good enough for a short period of time, then it passes and you’re back to full strength. |
| 6-8 Yes responses | You experience the imposter syndrome more frequently and intensely. It is likely that it derails you at times and keeps you from the success you aspire to.  |
| 9-10              | The Imposter Syndrome definitely derails you - most likely frequently and intensely. Addressing the syndrome is likely to give you every opportunity to achieve the success you really want.                                   |