

# IMPOSTER SYNDROME QUIZ



## YES OR NO

- Do you **secretly worry** that others will find out that you're **not as bright and capable** as they think you are?
- Do you sometimes shy away from challenges because of **nagging self-doubt**?
- Do you tend to chalk your accomplishments up to being a "**fluke**," "**no big deal**" or the fact that people just "**like**" you?
- Do you hate making a **mistake**, being **less than fully prepared** or not doing things **perfectly**?
- Do you tend to **feel crushed by even constructive criticism**, seeing it as evidence of your "ineptness?"
- When you do succeed, do you think, "**Phew, I fooled 'em** this time but I may not be so lucky next time."
- Do you believe that other people (students, colleagues, competitors) are **smarter and more capable than you** are?
- Do you live in **fear of being found out**, discovered, unmasked?

If you answered **yes** to any of these questions — join the club!

Send me a DM with the imposter syndrome statements that you relate to.  
I'd love to chat with you about your experiences.

Quiz developed by Dr Valerie Young, a globally recognised imposter syndrome expert, 2008