

13 imposter syndrome questions

How much do you know about your imposter syndrome? You might know about it in general, but how as it relates to you?

Imposter syndrome is a feeling of being a fraud - of being found out. It's incredibly common in work to feel that you might not be good enough, and those thoughts can reduce your self-confidence even more.

Before you know it, you're analysing every little interaction with colleagues to see whether they might show their true feelings towards you; that they know you're an imposter.

Fill in this PDF to see whether you can learn about how this condition impacts you, and take advantage of my **special offer** at the end.

YOU CAN DOWNLOAD AND FILL THIS PDF OUT ON YOUR COMPUTER AND HIT "SAVE", OR PRINT IT AND WRITE ON IT.

Please give yourself permission to be totally honest with your answers. If you feel emotional towards any answer, take a break and resume later.

1. What's one task that **makes** you feel like you're an imposter?

2. What's one task that **doesn't make** you feel like an imposter?

3. What's the **difference** between these tasks?

4. What **thoughts** go through your mind when you feel like an imposter?

5. What is the outcome you **imagine** when you "get found out"?

6. Which **type** of imposter are you?

- **The perfectionist** needs to make sure everything is *impossibly perfect*. They may suffer from delegation issues, be a micro-manager and focus on tiny errors rather than successes.
- **The superwoman/man** will tend to work harder than others, struggle with downtime, sacrifice hobbies and continue with learning and training beyond any real need.
- **The natural genius** will be very used to excelling, are used to being praised as “smart”, can feel strong shame if they struggle at a task and so avoid challenges.
- **The soloist** doesn't like asking for help and will tend to complete all work on their own, feeling like they don't want anyone's help.
- **The expert** will tend to judge themselves by how much they know, shying away when they don't meet every criteria for a job, will upskill at every possible opportunity and never really feel like they know enough.

7. When you feel like an imposter, how strong is the urge to **compensate** for it by working harder, learning more, or any other coping mechanism? From 1 to 5.

8. How will life be if you **always** feel like an imposter? Describe this future.

9. How will life be different if you **don't** feel like an imposter any more? Describe any alternative future that comes to mind.

10. What does your feeling of imposter syndrome **hold you back** from achieving?

11. What is the **impact** of this?

12. What does feeling like an imposter **protect** you from?

13. Are you going to **carry on** allowing yourself to feel like an imposter?

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Questionnaire from: <https://phildrinkwater.coach/imposter-syndrome/>