

Imposter Syndrome Quiz!

This is not a diagnostic tool just an indicator!

QUESTION 1

I THINK THAT I GOT MY JOB BY LUCK ALONE..I WILL GET FOUND OUT AT ANY MINUTE

- A. All the time!
- B. Some of the time
- C. Never

X
X
X
X
X
X
X

X
X
X
X
X
X

X X X X X X

Imposter Syndrome Quiz!

QUESTION 2

I THINK THAT I WILL GET FOUND OUT..THAT I DON'T KNOW AS MUCH AS OTHERS!

- A. All the time!
- B. Some of the time
- C. Never



Imposter Syndrome Quiz!

QUESTION 3

**I COMPARE MYSELF WITH OTHERS
& THEY ARE ALWAYS BRIGHTER,
FUNNIER...**

- A. All the time!
- B. Some of the time
- C. Never



Imposter Syndrome Quiz!

QUESTION 4

I NEED EXTERNAL PRAISE ALL THE TIME OR I FEEL THAT I AM NOT GOOD ENOUGH..

- A. All the time!
- B. Some of the time
- C. Never



Imposter Syndrome Quiz!

QUESTION 5

I PREPARE FOR THE WORST..IE I WONT GET THAT JOB...ETC

- A. All the time!
- B. Some of the time
- C. Never



Imposter Syndrome Quiz!

QUESTION 6

I THINK THAT I AM NOT AS SKILLED AS OTHERS

- A. All the time!
- B. Some of the time
- C. Never



Imposter Syndrome Quiz!

QUESTION 7

NO MATTER WHAT I HAVE ACHIEVED, I FEEL THAT IT IS NOT ENOUGH

- A. All the time!
- B. Some of the time
- C. Never



Imposter Syndrome Quiz!

QUESTION 8

I REMEMBER THE NEGATIVE
CRITIQUES & FORGET THE
POSITIVES

- A. All the time!
- B. Some of the time
- C. Never



Imposter Syndrome Quiz!

QUESTION 9

I DON'T KNOW WHAT MY
SUCCESS WOULD ACTUALLY LOOK
LIKE ...

- A. All the time!
- B. Some of the time
- C. Never



Imposter Syndrome Quiz!

QUESTION 10

I WORRY ALL THE TIME ABOUT WHAT I SAID OR DID THAT WAS WRONG..I CONSTRUCT WHOLE CONVERATIONS IN MY HEAD..

- A. All the time!
- B. Some of the time
- C. Never



Imposter Syndrome Quiz!

ANSWERS



Mainly A : This indicates that you may have an issues with Imposter Syndrome. This can feel extremely uncomfortable & you may want to talk this through with a Coach or Therapist or your GP.

There is help out there that will help you to remove this limiting barrier!



Imposter Syndrome Quiz!

ANSWERS

■ Mainly B : You may have some elements of Imposter Syndrome but they do not dominate your life. It may be even better without these doubts!

You may benefit from talking this through with a Coach or Therapist.



Imposter Syndrome Quiz!

ANSWERS

- Mainly C : You do not display the main elements of Imposter Syndrome...but you may know someone who does!

**This is not a diagnostic tool just a quiz ...
if you are concerned, always seek the help of
professionals.**

X X X X X X

X
X
X
X
X
X

X
X
X
X
X
X