

Have you experienced feelings like an imposter?

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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 |

If you answered yes to three or more of the above questions, chances are you have experienced feelings of imposterhood™ at some stage during your career or life!

