

What triggers your feeling of uncertainty?

Tick which one(s) you can relate to.

- Low balance in bank account
- Not getting paid
- Not being invited to an event
- Not being asked for your opinion
- Being challenged when you venture an opinion
- Not being listened to
- Not being understood
- Being ignored by a friend
- Being spoken to abruptly by a friend
- Interacting with strong personalities
- Handling pushback from others
- Experiencing aggression or bullying
- Others treating you in a demeaning manner
- People being demanding
- Having a hard time saying no
- Being exposed to new and challenging situations
- Not knowing the ground rules in a new situation
- Receiving unsolicited feedback on how you could do something 'better'.
- Having to ask for help
- Being surrounded by supremely confident people
- Feeling constantly thwarted by life and others
- Not feeling comfortable telling your truth
- Encountering politics in any environment
- People talking about you
- Not doing things perfectly

.... what else creates a feeling of uncertainty and triggers the feeling of not being good enough.
What brings up the feeling of being an imposter for you?