

Imposter Syndrome is a distorted belief about who you are and what you're capable of. Is it standing in your way?

Please tick every box where your response is YES! Then add up your 'yes' scores.

1. Have you ever felt like a fake or fraud in any area of your life?
2. Have you felt that others don't see you as you truly are?
3. If so, do you believe that if they could really see you deep down, they might not like what they see?
4. Do you ever feel as though you just don't fit in?
5. When you have a meeting or presentation of some kind, do you take longer than you think you should to prepare?
6. If you make a mistake, do you feel you have failed even if it wasn't your fault?
7. Do you ever get upset when you receive negative feedback, or feedback you perceive to be negative?
8. Do you have a hard time asking for help; because you think you should be able to do it yourself?
9. Are you a perfectionist? Do you focus on the ideal and the gap between the level at which you delivered and that ideal?
10. Have you objectively achieved success (others would say you are successful and yet you felt that your successes were unimportant, undeserved or due to some factor other than your own talent, intelligence and experience?)

Total Score:

This simple quiz indicates your tendency to experience self-doubt at work.

Typically, 70% experience Imposter Syndrome at some stage and 33% experience it frequently and intensely.

So, if you had 3 or more Yes scores, chances are you've experienced the Imposter Syndrome at some stage of your career. The more 'yes' scores, the more frequent and intense your experience is.

If you scored highly, what's important now is to understand what triggers those behaviours.