**Understanding Imposter Syndrome: Self-Assessment Worksheet**

**What is Imposter Syndrome?**

Imposter Syndrome is a common experience where you might feel like you don’t deserve your success or that you’re just "faking it." Even when you have evidence of your achievements, you may still worry that others will discover you’re not as capable as they think. This worksheet is designed to help you reflect on your feelings using simple questions inspired by the Clance and Imes Imposter Scale.

**Self-Assessment Questions**

Read each question carefully and take a moment to think about how you feel. You can mark your response or write a brief note next to each question.

1. **Feeling Like a Pretender**  
   Do you sometimes feel like you’re just pretending and that you’re not as smart or capable as others believe?  
   \_[ ] Yes  \_[ ] Sometimes  *[ ] No*  
   \_Notes: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. **Fear of Exposure**  
   Do you worry that one day people will find out you’re not as good as they think you are?  
   \_[ ] Yes  \_[ ] Sometimes  *[ ] No*  
   \_Notes: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. **Attributing Success to Luck**  
   When you succeed, do you feel that it happened because of luck or chance rather than your own abilities or hard work?  
   \_[ ] Yes  \_[ ] Sometimes  *[ ] No*  
   \_Notes: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. **Overworking to Prove Worth**  
   Do you feel that you need to work much harder than others just to achieve the same results?  
   \_[ ] Yes  \_[ ] Sometimes  *[ ] No*  
   \_Notes: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. **Anxiety About Being Exposed**  
   Do you often feel anxious or scared that you might be exposed as a fraud in your work or personal life?  
   \_[ ] Yes  \_[ ] Sometimes  *[ ] No*  
   \_Notes: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Reflection and Action**

Take a moment to reflect on your answers. Use the space below to answer the following questions in your own words:

* **Understanding Your Feelings:**  
  What or how or why do you think you feel this way about your abilities?  
  \_Your answer: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* **Overcoming These Feelings:**  
  How do you plan to overcome these feelings of being a fraud?  
  \_Your answer: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* **Seeking Support:**  
  What type of resources or support (e.g., books, therapy, workshops, support groups) are you looking for to help yourself?  
  \_Your answer: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*Use this worksheet as a starting point for understanding and addressing any feelings of self-doubt. Remember, many people experience these thoughts, and acknowledging them is the first step toward building confidence and finding support.*