

IMPOSTOR SYNDROME QUIZ

- 1 Do you secretly worry you're not as bright, capable, or qualified as everyone "thinks" you are?
- 2 Do you chalk your accomplishments up to luck, timing, connections or computer error?
- 3 Do you believe "If I can do it, anybody can"?
- 4 Do you agonize over the smallest flaws in your work?
- 5 Are you crushed by even constructive criticism, seeing it as evidence of your ineptness?
- 6 When you do succeed, do you secretly feel you fooled them again?
- 7 Do you worry that it's just a matter of time before you're "found out?"