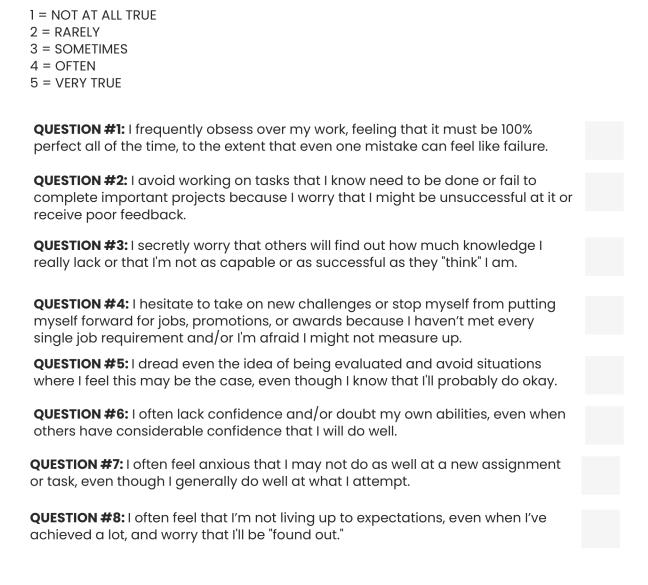
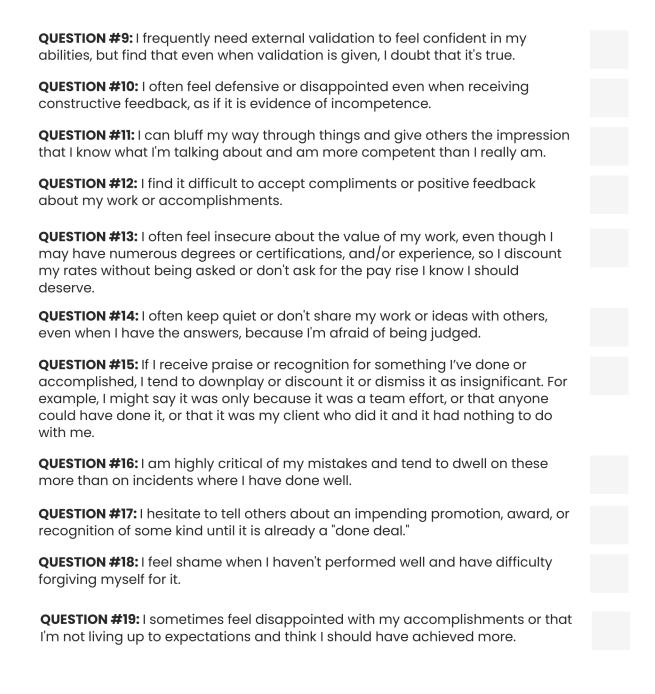


## IMPOSTER SYNDROME QUESTIONNAIRE

**INSTRUCTIONS:** To help you determine whether you experience imposter syndrome, you can make use of the following questionnaire. For each question, write the number that best indicates how true the statement is of you in the box provided. Go with your first response, rather than dwelling on each statement and trying to think up the "right" answer.









**QUESTION #20:** I often feel that my success is due to luck, external factors or some kind of error, rather than my own efforts or skills or abilities.

**QUESTION #21:** When I've accomplished something and am recognized for it, I feel anxious that I won't be able to live up to future expectations of me and doubt that I can repeat that success.

**QUESTION #22:** I often avoid trying something new unless I feel that I'll be good at it right away.

**QUESTION #23:** I feel that I should do everything on my own and either hesitate in asking for help or feel that I don't need it.

**QUESTION #24:** I often compare myself to others and feel that I am less able than they are, in terms of intelligence, talent, or achievement.

**QUESTION #25:** I rarely do a project or task as well as I'd like and often ruminate over the smallest flaws in my work.

**YOUR SCORE:** Add together the numbers for your responses to each statement and note it in the box.

The higher the score, the more likely and deeply imposter syndrome has an impact on your life.

## If your total score is:

- **30 or less:** You likely have few imposter characteristics and are not being held back or distressed because of it.
- **between 31 and 65:** You probably experience moderate imposter symptoms, and this may hold you back in certain situations and affect how you make decisions.
- **between 66 and 100:** You probably have frequent imposter feelings and notice how they regularly affect your decisions and restrict you from taking action.
- **higher than 100:** You likely have intense imposter experiences and may often feel stressed and paralyzed because of it.