

# Impostor Syndrome



Take this simple 6 question quiz to see if you meet the criteria for Impostor Syndrome. Be sure to keep track of how many questions you answer "True" for. (Hint: You might be surprised at the results!)

- |          |   |             |              |
|----------|---|-------------|--------------|
| <b>1</b> | <i>You struggle with the need to be the best at everything you do.</i>  | <b>TRUE</b> | <b>FALSE</b> |
| <b>2</b> | <i>You cycle between feeling almost high when you complete a project to quickly diving into anxiety and self-doubt as to why it wasn't really good enough.</i>          | <b>TRUE</b> | <b>FALSE</b> |
| <b>3</b> | <i>Success increases your fear of being discovered as a fraud.</i>  | <b>TRUE</b> | <b>FALSE</b> |
| <b>4</b> | <i>You attempt to show up as a "superman/superwoman" taking on excessive responsibilities and spending excessive time preparing.</i>                                    | <b>TRUE</b> | <b>FALSE</b> |
| <b>5</b> | <i>Fear of failure drives you.</i>  | <b>TRUE</b> | <b>FALSE</b> |
| <b>6</b> | <i>You discount praise and deny your skills and ability when others validate you. Despite wanting success, you fear it or have underlying guilt about achieving it.</i> | <b>TRUE</b> | <b>FALSE</b> |

Go on to the next page to learn more about your results!



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## Results: How many questions did you answer "True" for?

### 0-1

You may have some limiting beliefs that are causing you strain in your life, but don't meet full criteria. You may not even realize the impact of these behavioral or thought patterns. You may feel they are helping you to be more successful and climb the ladder. Check out my [Worksheets and Tips](#) to learn more about limiting beliefs and how to replace them with more adaptive and empowered beliefs that will feel better and be more sustainable in the long run.

### 2-3

You have a moderate level of Impostor Syndrome, which means you are probably experiencing a good amount of anxiety and some feelings of exhaustion. Now would be a good time to get some help and turn this pattern around.

### 4-6

You struggle daily, it is the focus of your waking hours and you have tried everything to eradicate this pattern of thinking and behaving from your life but it's not working. You are feeling hopeless about how to proceed. We need to talk. It's time for you to change this pattern and begin living a more fulfilling life. You are not alone: 70% of people experience the impostor syndrome at some point in their career. Learning more skills and gathering more information is helpful but not enough. Your own limiting beliefs need to be explored and resolved in order to let your skills and knowledge take the drivers seat.



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*EMDR is extremely effective in resolving Impostor Syndrome. With EMDR we dive deep into the heart of the issue, identify the cause and resolve it. This process supports your positive and empowered beliefs and behaviors to naturally take over. Feeling good about yourself is no longer something you have to struggle with. Visit my website or call me directly to get started.*

