



## ***Identifying Imposter Thoughts***

***3 or more "yes" answers to the questions below point to imposter syndrome. It requires understanding its root causes and planning steps to overcome the issue.***

**1. Describe how you approach the task related to achieving something or your duty. Do you over-prepare or procrastinate?**

**2. How do you feel in such a situation? Do you have a fear of failure or a fear of success?**

**3. Are you anxious and doubtful in regard to your competence or fitness for the task?**

**4. Are you focused on doing the task perfectly or too critical of your work?**

**5. Are you concerned about being the best in doing the task or achieving something? Do you compare your achievements to those of other people? Do social media impact your imposter thoughts?**

## ***Determining Triggers of Imposter Thoughts***

**1. Think of and write down conditions, place, people, time, and situation that triggered imposter thoughts. Was it a high-pressure situation?**

**2. Could your views, personal standards, or beliefs contribute to imposter thoughts? Think which of them could be triggers and enumerate.**

### ***Challenging Imposter Thoughts***

**1. List evidence that supports your imposter thoughts. Is it objective? Is it your opinion or someone else's? Is it a trustful and reliable source of evidence?**

**2. List evidence that contradicts your imposter thoughts. Enumerate your skills, experience, expertise, and positive outcomes.**

**3. What advise would you give to a person who has imposter thoughts and doubts own competence?**

### ***Reframing Imposter Thoughts***

**1. How can you approach the task or the situation triggering imposter thoughts differently?**

**2. Focus on all achievements and support and write them down.**

**3. Enumerate actions to build confidence in your competence.**

**4. Write down affirmations for your competence, skills, and knowledge.**

**5. Compare your feelings to the previous state of mind.**