

Ever feel like an imposter? Take this quiz!



Do you have “imposter syndrome”? Answer yes or no to these questions and then read on to learn more:

1. Do you worry that others will find out you’re not as smart as they thought you were?
2. When you succeed, do you think, “I did okay, but only because the task wasn’t really as hard as it seemed”?
3. Do you live in fear of others discovering you’re “less” than they believe?

“No” answers?

Good for you! You know what you can do and you take credit when you do it well.

“Yes” answers?

You may suffer from “imposter syndrome.” People with this syndrome are often smart and accomplished. But inside they feel like fakes. Anxiety and self-doubt keep them from enjoying their own successes.

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Start believing in you

Here are some tips for overcoming imposter syndrome:

- **Learn to accept praise.** When someone says you did a great job, don’t blow off their praise. Instead of saying “It wasn’t really that hard,” say, “Thank you” or “I really appreciate that.” Get into this habit. Start allowing yourself to hear and internalize good things.
- **Keep a list of your accomplishments.** List everything from speaking up at a team meeting to getting kudos for a big project. Use this list to remind yourself of your successes when you’re slipping into painful imposter self-talk.
- **Delve into your emotions.** Self-doubt often begins early on. Talking to a trained counselor may help you uncover and deal with some of the underlying causes of your fears.