

# Imposter Syndrome Worksheet

Name	Date
<p>This worksheet is designed to help you identify and challenge thoughts related to imposter syndrome. Take your time to reflect on each question and be as honest and detailed as possible.</p>	
<b>Recognizing imposter syndrome</b>	
<p>What situations or accomplishments typically trigger feelings of self-doubt or inadequacy?</p>	
<p>How do you usually react when you experience these triggers?</p>	
<p>What are the common negative thoughts or beliefs that arise when you doubt yourself?</p>	
<p>How do these thoughts affect your behavior and confidence?</p>	
<p>Do you often compare yourself to others? If yes, in what aspects do you usually compare yourself?</p>	
<p>How does this habit of comparison contribute to your feelings of being an imposter?</p>	
<b>Examining the evidence</b>	
<p>List your significant achievements, skills, and experiences that demonstrate your capabilities.</p>	

Reflect on the hard work, effort, and expertise you've put into these achievements.

Recall positive feedback or compliments you've received from mentors, colleagues, or friends about your abilities or work.

How do these affirmations counteract your feelings of inadequacy?

### **Challenging your negative thoughts**

For each negative thought or belief identified earlier, challenge it with evidence that disproves or weakens it.

Consider instances where you succeeded, learned, or showed competence.

How might shifting your perspective about your capabilities help in combating imposter syndrome?

What affirmations or positive statements can you remind yourself of during moments of self-doubt?

### **Additional notes**