

How do I know if I have the Imposter Syndrome?

First and foremost we should really call this a phenomenon. While it is commonly referred to as imposter syndrome, it is not a mental health condition, nor a diagnosable illness.

You may find yourself experiencing feelings which are like those of the imposter phenomenon on occasions. Some people experience them once in their lifetime, some not at all, and some people have the feelings of 'being a fraud' quite frequently.

From my own personal experience, research and reading other academic literature on the subject of the imposter phenomenon, I have put together the statements below to help you recognise the phenomenon in yourself, or other people. If you find yourself or hear others frequently saying aloud, or thinking, most or all of the following, you could be experiencing the imposter phenomenon:

- **Mistakes will prove I'm not up to the job.**
- **Logically I know that failure isn't fatal, but it sometimes seems like things will collapse if I don't do things right all of the time.**
- **I can't let something go until it is perfect.**
- **Praise makes me feel uncomfortable.**
- **When someone gives me a compliment on my work I often feel unable to accept it, or need to justify it.**
- **If I am put forward for an award, or for promotion, I daren't tell anyone until it is confirmed.**
- **My success has been achieved through hard work.**
- **When things go well, I often put it down to luck.**
- **When I am successful at something I feel extra pressure to achieve the same standard again.**
- **I often worry about being "found out" not to be as good as others think I am.**
- **If I do something well, I am sure others are able to do the same.**
- **Sometimes I think people have made a mistake when they praise me or I get good marks for something.**