A PAUSE, A PRACTICE, A NEXT STEP

Imposter Syndrome

You can be learning and still belong.

Use a few words, draw, or talk this through. Skip anything that does not fit. This is an educational worksheet, not a diagnostic test or a substitute for care.

Describe the actual learning task

Ask what you are expected to know now and what you are still learning. Newness is not the same as dishonesty or incompetence.

01 / Notice and reflect

What am I afraid others will discover?

02 / Notice and reflect

What skills or effort am I overlooking?

03 / One next step

What will I try next, and what support would make it easier?

When to seek help: Seek support if these fears lead to persistent anxiety, low mood, avoidance, or exhaustion. If bias or exclusion is part of the situation, consider trusted institutional or workplace support as well.

Read more: Brown University · Impostor phenomenon

More tools and immediate support: Our Healing Room / Crisis Support.

U.S. crisis support: call or text 988. In immediate danger, call 911.