



Imposter Phenomenon Worksheet

The Clance IP Scale - Question 1 to 10

- ☐ 1. I have often succeeded on a test or task even though I was afraid that I would not do well before I undertook the task.
- ☐ 2. I can give the impression that I'm more competent than I really am.
- ☐ 3. I avoid evaluations if possible and have a dread of others evaluating me.
- ☐ 4. When people praise me for something I've accomplished, I'm afraid I won't be able to live up to their expectations of me in the future.
- ☐ 5. I sometimes think I obtained my present position or gained my present success because I happened to be in the right place at the right time or knew the right people.
- ☐ 6. I'm afraid people important to me may find out that I'm not as capable as they think I am.
- ☐ 7. I tend to remember the incidents in which I have not done my best more than those times I have done my best.
- ☐ 8. I rarely do a project or task as well as I'd like to do it.
- ☐ 9. Sometimes I feel or believe that my success in my life or in my job has been the result of some kind of error.
- ☐ 10. It's hard for me to accept compliments or praise about my intelligence or accomplishments.

1 - Not true at all 2 - Rarely 3 - Sometimes 4 - Often 5 - Very true



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The Clance IP Scale - Question 11 to 20

- ☐ 11. At times, I feel my success has been due to some kind of luck.
- ☐ 12. I'm disappointed at times in my present accomplishments and think I should have accomplished much more.
- ☐ 13. Sometimes I'm afraid others will discover how much knowledge or ability I really lack.
- ☐ 14. I'm often afraid that I may fail as a new assignment or undertaking even though I generally do well at what I attempt.
- ☐ 15. When I've succeeded at something and received recognition for my accomplishments, I have doubts that I can keep repeating that success.
- ☐ 16. If I have received a great deal of praise and recognition for something I've accomplished, I tend to discount the importance of what I've done.
- ☐ 17. I often compare my ability to those around me and think they may be more intelligent than I am.
- ☐ 18. I often worry about not succeeding with a project or examinations, even though others around me have considerable confidence that I will do well.
- ☐ 19. If I'm going to receive a promotion or gain recognition of some kind, I hesitate to tell others until it is an accomplished fact.
- ☐ 20. I feel bad and discouraged if I'm not "the best" or at least "very special" in situations that involved achievement.

1 - Not true at all 2 - Rarely 3 - Sometimes 4 - Often 5 - Very true



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Negative opinions



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*Remember these
have to be **facts**,
NOT your opinions!*

**Evidence I'm not
competent**



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**Evidence I am
competent**