

Possible Triggers for Imposterism

Tick which one(s) you feel might trigger your feelings of uncertainty or add your own.

- Not being asked for your opinion
- Being challenged when you put forward an opinion
- Not being understood
- Being ignored
- Being spoken to abruptly
- Failing at something
- Getting low marks on a piece of work
- Interacting with strong personalities
- Others treating you in a demeaning manner
- People being demanding
- Being exposed to new and challenging situations
- Having a colleague/peer who is more educated/intelligent than you
- Having a complaint against you/your work
- Not having the right knowledge in a new situation
- Receiving unsolicited feedback on how you could do something 'better'
- Having to ask for help
- Being surrounded by extremely confident people
- People talking about you
- Not doing things perfectly
- Having to speak in front of peers/superiors
- Not knowing the correct words/labels/terms for what you are talking about