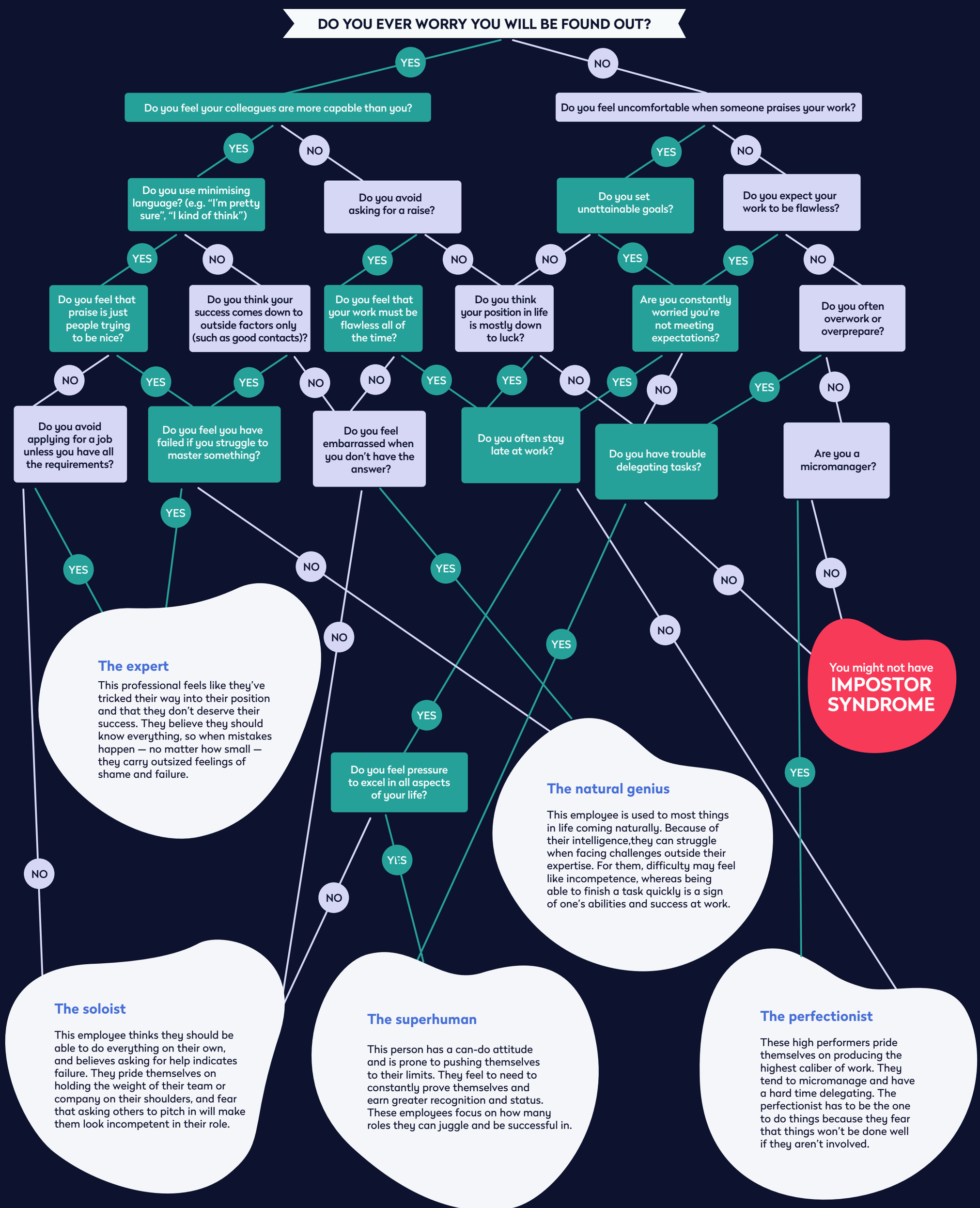
5 types of imposter syndrome

Find out which category could apply to you.



Source: Research from Dr Valerie Young – Secret thoughts of successful women: why capable people suffer from the Impostor Syndrome and now to thrive in spite of it. Format adopted from Dice.com