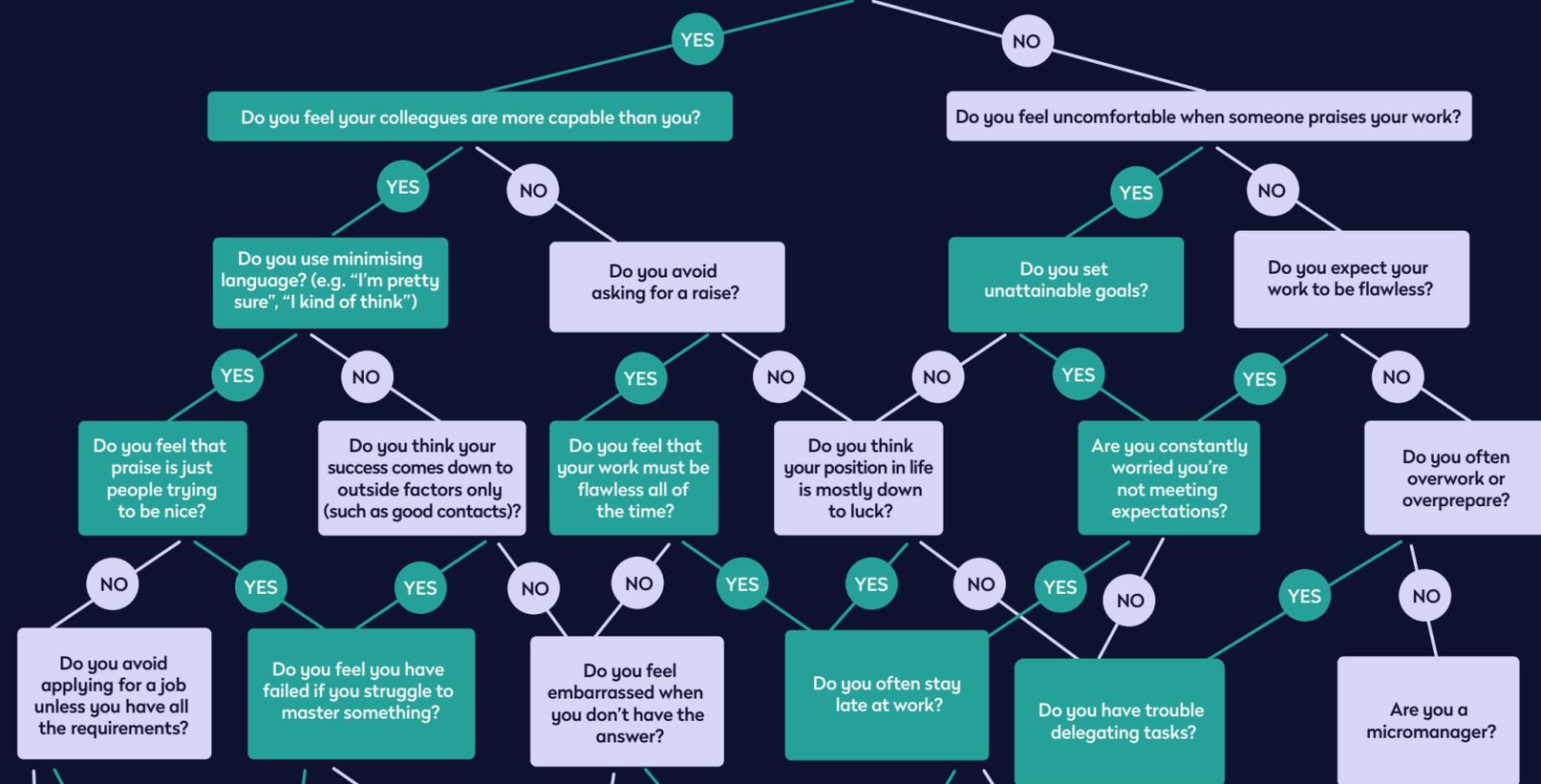


5 types of imposter syndrome

Find out which category could apply to you.

DO YOU EVER WORRY YOU WILL BE FOUND OUT?



The expert

This professional feels like they've tricked their way into their position and that they don't deserve their success. They believe they should know everything, so when mistakes happen — no matter how small — they carry outsized feelings of shame and failure.

The soloist

This employee thinks they should be able to do everything on their own, and believes asking for help indicates failure. They pride themselves on holding the weight of their team or company on their shoulders, and fear that asking others to pitch in will make them look incompetent in their role.

The superhuman

This person has a can-do attitude and is prone to pushing themselves to their limits. They feel to need to constantly prove themselves and earn greater recognition and status. These employees focus on how many roles they can juggle and be successful in.

The natural genius

This employee is used to most things in life coming naturally. Because of their intelligence, they can struggle when facing challenges outside their expertise. For them, difficulty may feel like incompetence, whereas being able to finish a task quickly is a sign of one's abilities and success at work.

The perfectionist

These high performers pride themselves on producing the highest caliber of work. They tend to micromanage and have a hard time delegating. The perfectionist has to be the one to do things because they fear that things won't be done well if they aren't involved.

You might not have
IMPOSTOR SYNDROME