

Imposter Syndrome Test

We Level Up



Welcome to the "Imposter Syndrome Test."

This test is designed to help you explore and reflect on feelings of imposter syndrome that you may be experiencing. Imposter syndrome is a phenomenon where individuals doubt their accomplishments and have persistent feelings of inadequacy, despite evidence of their success. It is essential to note that this test is not a medical diagnosis or a substitute for professional advice.

If you are struggling with self-doubt, feelings of inadequacy, or need support, consider talking to a mental health professional or a counsellor. The purpose of this test is to raise awareness and provide insights into imposter syndrome, but it cannot replace personalized evaluation by a qualified expert.

*By taking this free quiz, you may obtain your results online and in your email box. You'll have the opportunity to opt-in to learn more about your symptoms, talk to a mental health consultant and join our newsletter. Rest assured your information is private and confidential. Results, consultations and assessments are provided without any cost to you and without any obligation. If you do not wish to provide your contact information, you may omit it during your quiz. Thank you for opting in and participating. To you best of health.

Check the answer that identifies most of you

1. How often do you feel that your achievements are merely due to luck or being in the right place at the right?
 - A. Rarely or never
 - B. Frequently
 - C. Almost always
2. When receiving praise or recognition, how do you typically respond?
 - A. Accept it graciously
 - B. Feel uncomfortable but say thank you
 - C. Feel like the praise is undeserved and become anxious
3. Do you often fear that others will discover you're not as competent as they think you are?
 - A. Not really
 - B. Sometimes
 - C. All the time
4. How often do you compare yourself to others in terms of achievements or abilities?
 - A. Rarely or never
 - B. Occasionally
 - C. Constantly
5. When faced with a new challenge or opportunity, how do you typically react?
 - A. Embrace it with confidence
 - B. Feel nervous but willing to give it a try
 - C. Believe you will fail and avoid it at all costs
6. How do you view mistakes or failures in your work or tasks?
 - A. As learning opportunities
 - B. B. Acceptable, but it bothers you
 - C. As definitive proof that you don't belong
7. Do you often worry that others will question your qualifications or expertise?
 - A. Not really
 - B. Yes, quite often
 - C. Constantly
8. How much of your success do you attribute to your own skills and abilities?
 - A. Most or all of it
 - B. Some of it
 - C. None, it's all luck or other external factors
9. When you receive constructive criticism, how do you typically react?
 - A. Appreciate the feedback and try to improve
 - B. Feel a bit defensive but consider the input
 - C. Believe it confirms your lack of competence

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10. How often do you avoid opportunities or situations where you might be evaluated or judged?
- A. Rarely or never
 - B. Sometimes
 - C. Always

Check the results

Low Imposter Syndrome

If your answers mostly consist of options (a) and (b), it suggests that you experience relatively low levels of imposter syndrome. You generally have confidence in your abilities and recognize your accomplishments as well-deserved. However, this quiz is no substitute for a proper diagnosis from a health care professional and we would encourage you to schedule an appointment with your doctor or other mental health professional to address any concerns.

Moderate Imposter Syndrome

If your answers include a mix of options (a), (b), and (c), it indicates a moderate level of imposter syndrome. While you may acknowledge your successes to some extent, you also experience occasional doubts and insecurities. We encourage you to schedule an appointment with your doctor or your mental health professional. We Level Up treatment center provides world-class care with round-the-clock medical professionals available to help you cope.

Get a Free assessment, Free consultation, and Free answers to your questions 24/7. Without any obligation. Simply call the toll-free number at the bottom of the page.

High Imposter Syndrome

If your answers include a majority of (c.) your answers suggest that there is a strong indication that you are experiencing symptoms common among people with Imposter Syndrome. You constantly doubt your abilities and have a persistent belief that you are a fraud, regardless of your actual accomplishments. However, this quiz is no substitute for a proper diagnosis from a health care professional. We encourage you to schedule an appointment with your doctor or your mental health professional. We Level Up treatment center provides world-class care with round-the-clock medical professionals available to help you cope.

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