TYPES OF IMPOSTER SYNDROME
Based on Dr. Valerie Young’s Research

THE EXPERT: You expect to know everything and feel ashamed when you don’t.

- Do you shy away from applying to job postings unless you meet every single educational requirement?
- Are you constantly seeking out trainings or certifications because you think you need to improve your skills in order to succeed?
- Even if you’ve been in your role for some time, can you relate to feeling like you still don’t know “enough?”
- Do you shudder when someone says you’re an expert?

THE SOLOIST: You believe work must be accomplished alone and refuse to take credit if you received any kind of assistance.

- Do you firmly feel that you need to accomplish things on your own?
- “I don’t need anyone’s help.” Does that sound like you?
- Do you frame requests in terms of the requirements of the project, rather than your needs as a person?

THE NATURAL GENIUS: You tell yourself that everything must be handled with ease otherwise it’s not ‘natural talent’.

- Are you used to excelling without much effort?
- Do you have a track record of getting “straight A’s” or “gold stars” in everything you do?
- Were you told frequently as a child that you were the “smart one” in your family or peer group?
- Do you dislike the idea of having a mentor, because you can handle things on your own?
- When you’re faced with a setback, does your confidence tumble because not performing well provokes a feeling of shame?
- Do you often avoid challenges because it’s so uncomfortable to try something you’re not great at?

THE PERFECTIONIST: You set impossibly high standards for yourself and beat yourself up when you don’t reach them.

- Have you ever been accused of being a micromanager?
- Do you have great difficulty delegating? Even when you’re able to do so, do you feel frustrated and disappointed in the results?
- When you miss the (insanely high) mark on something, do you accuse yourself of “not being cut out” for your job and ruminate on it for days?
- Do you feel like your work must be 100% perfect, 100% of the time?
THE SUPERWOMAN/SUPERMAN: You feel you should be able to excel at every role you take on in your life.

- Do you stay later at the office than the rest of your team, even past the point that you’ve completed that day’s necessary work?
- Do you get stressed when you’re not working and find downtime completely wasteful?
- Have you left your hobbies and passions fall by the wayside, sacrificed to work?
- Do you feel like you haven’t truly earned your title (despite numerous degrees and achievements), so you feel pressed to work harder and longer than those around you to prove your worth?

SOURCE:

Wilding, Melody J. (n.d.) *5 Different Types of Imposter Syndrome (and 5 Ways to Battle Each One).*
https://www.themuse.com/advice/5-different-types-of-imposter-syndrome-and-5-ways-to-battle-each-one