



Aegle Mind  
making your mind beautiful

## Imposter Syndrome Thought Form

Where Were You?	Emotion or Feeling Rate 0-100%	Negative Automatic Thoughts	Evidence that Supports the Thoughts	Evidence that Does Not Support the Thoughts	Alternative Thought	Emotion of Feeling Rate 0-100%
At work	Despair (70%), Anxious (80%) Frustrated (95%)	I am never going to be a good florist  Everyone else makes it look so easy but it takes me ages and it still looks awful  I should give up, I'm useless  I'll probably get fired anyway	Nothing	I am learning new techniques everyday  My colleague has been doing this for 5+ years it's only natural she is a little more efficient than me  Last week, a client praised my latest creation	I am not useless, I am just a little slower than others and that's okay because I am learning. Everyone has to start somewhere and I'm already much more efficient than I was. Me 6 months ago would be so proud of the work I am doing now	Content (80%) Hopeful (90%) Inspired (85%)

Challenge your thoughts by considering what facts or experiences indicate that this thought may not be true? If my best friend had this thought what would I tell them? Is it possible that I am jumping to conclusions, disqualifying the positives or thinking in black and white?