

Clance Impostor Syndrome Self-Assessment Tool

Instructions: For each statement, please put the number in the box that best indicates how true the statement is of you. It is best to give the first response that enters your mind rather than dwelling on each statement and thinking about it over and over.					
STATEMENT	1 <i>Not at all true</i>	2 <i>Rarely true</i>	3 <i>Sometimes true</i>	4 <i>Often true</i>	5 <i>Very true</i>
1. <i>I have often succeeded on a test or task even though I was afraid that I would not do well before I undertook the task.</i>					
2. <i>When people praise me for something I've accomplished, I'm afraid I won't be able to live up to their expectations of me in the future.</i>					
3. <i>I sometimes think I obtained my present position or gained my present success because I happened to be in the right place at the right time or knew the right people.</i>					
4. <i>I'm afraid people important to me may find out that I'm not as capable as they think I am.</i>					
5. <i>I tend to remember the incidents in which I have not done my best more than those times I have done my best.</i>					
6. <i>It's hard for me to accept compliments or praise about my intelligence or accomplishments.</i>					
7. <i>At times, I feel my success has been due to some kind of luck.</i>					
8. <i>I'm disappointed at times in my present accomplishments and think I should have accomplished much more.</i>					
9. <i>Sometimes I'm afraid others will discover how much knowledge or ability I really lack.</i>					
10. <i>I often compare my ability to those around me and think they may be more intelligent than I am.</i>					

Adapted from *The Impostor Phenomenon: When Success Makes You Feel Like a Fake* (pp.20-22), by P.R.Clance, 1985. Toronto: Bantam Books. Copyright 1985 by Pauline Rose Clance, Ph.D., ABPP. Reprinted by permission. Do not reproduce without permission from Pauline Rose Clance. drpaulinrose@comcast.net. www.paulinroseclance.com

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The Impostor Syndrome Self-Assessment was developed to help individuals determine whether or not they have IS characteristics and, if so, to what extent they are suffering.

Scoring:

Add together the numbers of the responses to each statement for a cumulative total.

<i>If the total score is 20 or less</i>	<i>You have few Impostor characteristics</i>
<i>If the total score is 21-30</i>	<i>You have moderate Impostor Syndrome experiences</i>
<i>If the total score is 31-40</i>	<i>You frequently have Impostor Syndrome experiences</i>
<i>If the total score is over 40 experiences</i>	<i>You often have intense Impostor Syndrome</i>

The higher the score, the more frequently and seriously the Impostor Syndrome may be interfering in a person's life.