

Impostorism Scale

(Leary, Patton, Orlando, & Funk, 2000)

Read each of the following statements carefully and indicate how characteristic it is of you using the following scale:

- 1 = Not at all characteristic of me.
- 2 = Slightly characteristic of me.
- 3 = Moderately characteristic of me.
- 4 = Very characteristic of me.
- 5 = Extremely characteristic of me.

- ___ 1. Sometimes I am afraid I will be discovered for who I really am.
- ___ 2. I tend to feel like a phony.
- ___ 3. I'm afraid people important to me may find out that I'm not as capable as they think I am.
- ___ 4. In some situations I feel like an imposter.
- ___ 5. Sometimes I'm afraid others will discover how much knowledge or ability I really lack.
- ___ 6. In some situations I feel like a "great pretender"; that is, I'm not as genuine as others think I am.
- ___ 7. In some situations I act like an imposter.