



मनस् – CENTER FOR MENTAL WELLNESS & COUNSELLING

Do I Have Imposter Syndrome?

A 10-question check for high achievers who feel like frauds

Dr. Priya Dubey Sharma

Founder & Consulting Psychologist

Applied, Organizational & Behavioural Psychologist | PhD | 18+ Years Experience



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Dr. Priya Dubey Sharma is an Applied, Organizational & Behavioural Psychologist with a PhD in Psychology and over 18 years of experience. As the Founder of Manas – Center for Mental Wellness & Counselling, she has guided thousands of individuals through anxiety, depression, relationship challenges, and life transitions.

Her approach combines evidence-based techniques with deep cultural understanding of the Indian lived experience.

“ Burnout is not a badge of honour. Your wellbeing is not optional. It is the foundation everything else stands on.

THE STORY

Manas was not built in a boardroom.

It was built in a home, watching a father heal people for forty years. Dr. Rangnath Dubey – DHB, MBHCS, AVR – spent four decades believing that no ailment is ever purely physical. Every patient carried a story, and he always made time for that story.

“I didn't decide to become a psychologist. I realised, quite late, that I had always been one – I just needed the training to do it properly.”



Dr. Rangnath Dubey
DHB · MBHCS · AVR

18+

Years of practice

5,000+

Lives touched

5

Intl memberships

UN · SBI

Institutional roles



Do I Have Imposter Syndrome?

This assessment helps you understand your feelings of self-doubt and imposter syndrome. Answer honestly to get the most accurate results.

Assessment Questions

Answer yes or no to each question. Focus on your experience over the past 2 weeks.

- Do you often feel like your successes are due to luck rather than your actual abilities?
- Do you worry that people will discover you are not as competent as they think you are?
- Do you find it hard to accept compliments or praise for your accomplishments?
- Do you downplay your achievements, even when you have solid evidence of your competence?
- Do you tend to overwork to compensate for perceived inadequacies and avoid being 'found out'?
- Do you frequently compare yourself negatively to your colleagues or peers?
- Do you feel anxious about asking questions, fearing it will reveal your lack of knowledge?
- Do you experience significant self-doubt even when faced with clear evidence of your success?
- Do you attribute your achievements to external factors like timing or 'right place, right time' more often than your own skills?
- Do you feel undeserving of your current position or the recognition you have received?

Score: Count the total number of 'Yes' answers. This score will help you understand your current level of imposter feelings.



Your Results

Find your score range below. Remember — this is a starting point, not a diagnosis.

SCORE: 0-3

Confident

You generally feel confident in your abilities and accomplishments, with minimal self-doubt.

SCORE: 4-6

Occasional Doubt

You sometimes experience feelings of self-doubt, but they do not significantly impact your overall confidence.

SCORE: 7-8

Frequent Imposter Feelings

Imposter feelings are quite common for you, and they may start to affect your self-perception and work.

SCORE: 9-10

Severe Imposter Syndrome

You frequently experience intense imposter feelings that significantly undermine your confidence and may benefit from professional support.

Whatever your score: You took the time to check in with yourself. That takes courage.

DR. PRIYA'S TIP

If imposter feelings are frequent, try to gently challenge them by listing specific evidence of your competence. Remember, your achievements are valid.

[Book a Session with Dr. Priya](#)



Personal Reflection

Take a few minutes. Write whatever comes to mind.

1. Reflect on a recent success. Which factors did you primarily attribute it to?

2. When someone praises you, what is your immediate internal reaction?

3. What is one small step you can take this week to acknowledge your skills?

How are you feeling right now? Circle one:



Very difficult



A bit low



Okay



Feeling good



Very well

Continue Your Journey

Recommended resources based on your results:

1

Mindful Productivity Masterclass

Learn techniques to focus and achieve more without burnout.

₹199

2

Building Self-Confidence Course

Develop a stronger belief in your abilities and worth.

₹99

3

Stress Management Toolkit

Practical strategies to cope with workplace stress effectively.

₹199

TAKE A FULL ASSESSMENT

For a comprehensive, clinically validated evaluation, take the full assessment – plus 270+ validated tools – at manas365.com/assessments



Audio Companion

Scan for a free 3-minute guided breathing exercise with Dr. Priya's voice.



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"You deserve a life that exists beyond your work performance. I hope this guide helps you begin to build it."

— Dr. Priya Dubey Sharma

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Disclaimer: This resource has been prepared by Dr. Priya Dubey Sharma — Founder & Consulting Psychologist (Applied, Organizational & Behavioural Psychologist, PhD, 18+ years), Manas – Center for Mental Wellness & Counselling. This is a wellness education and self-help resource for educational purposes only. It does not constitute a clinical diagnosis, clinical assessment, or treatment recommendation for any mental health condition, and has no relevance or admissibility in any court of law, legal proceeding, or official dispute resolution process. It is not a substitute for professional psychological, medical, or legal advice. For personalised support, reach out to the Manas Team for guidance, or consult a qualified Psychiatrist or licensed mental health professional. © 2026 Manas – Center for Mental Wellness & Counselling. All rights reserved. For queries: priya@manas365.com | +91 99818 13224