

The Impostor Writer - CCWC 2019 Workshop

“The only thing standing between me and my writing . . . is me.”

Introduction

Many of us suffer from a distorted sense of who we are, along with hidden fears of all kinds that rob us of a joy-filled life and a productive writing career. Take the Impostor Phenomenon Test (20 quick questions, included here) and see where you fall on the spectrum. Then attend the workshop to recognize some new things about yourself, reflect on them, and begin the journey of replacing the lies with the truth about who you are and what you are called to.

Part I – The First Step is always RECOGNITION

Part II – The Second Step is REFLECTION

Part III – The Third Step is REPLACEMENT

Note to those attending my workshop on “The Impostor Writer”: It will be helpful (but not required) to have read my book, *The Impostor Affect: A Closer Look by a Classic Case* (2017). It is available from my website (www.andrealynsims.com), on Amazon.com, and at the conference book table on Friday and Saturday. **For all those who purchase the book, I am offering a 15-minute pre-arranged phone conversation after the conference around the following topics: the impostor phenomenon, writing in general, and/or Indie publishing.** This is in addition to the 15-minute meetings held at the conference.

Impostor Phenomenon Test

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“Please answer the questions as honestly as possible. A rating of 1 means the previous statement is *not at all true*; a rating of 5 means the previous statement is *very true*; and an answer of 2, 3, or 4 represents the range where the statement may be true *rarely*, *sometimes*, or *often*. Please circle the number according to the way the statement applies to you or someone you know. 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” (Clance, 1985, p. 19-22).

1. 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.

1 2 3 4 5
(not at all) (rarely) (sometimes) (often) (very true)

2. I can give the impression that I'm more competent than I really am.

1 2 3 4 5

3. I avoid evaluations if possible and have a dread of others evaluating me.

1 2 3 4 5

4. 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.

1 2 3 4 5

5. 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.

1 2 3 4 5

6. I'm afraid people important to me may find out that I'm not as capable as they think I am.

1 2 3 4 5

7. I tend to remember the incidents in which I have not done my best more than those times I have done my best.

1 2 3 4 5

8. I rarely do a project or task as well as I'd like to do it.

1 2 3 4 5

9. Sometimes I feel or believe that my success in my life or in my job has been the result of some kind of error.

1 2 3 4 5

10. It's hard for me to accept compliments or praise about my intelligence or accomplishments.

1 2 3 4 5

11. At times, I feel my success has been due to some kind of luck.

1 2 3 4 5

12. I'm disappointed at times in my present accomplishments and think I should have accomplished much more.

1 2 3 4 5

13. Sometimes I'm afraid others will discover how much knowledge or ability I really lack.

1 2 3 4 5

14. I'm often afraid that I may fail at a new assignment or undertaking even though I generally do well at what I attempt.

1 2 3 4 5

15. When I've succeeded at something and received recognition for my accomplishments, I have doubts that I can keep repeating that success.

1 2 3 4 5

16. If I receive a great deal of praise and recognition for something I've accomplished, I tend to discount the importance of what I have done.

1 2 3 4 5

17. I often compare my ability to those around me and think they may be more intelligent than I am.

1 2 3 4 5

18. I often worry about not succeeding with a project or on an examination, even though others around me have considerable confidence that I will do well.

1 2 3 4 5

19. If I'm going to receive a promotion or gain recognition of some kind, I hesitate to tell others until it is an accomplished fact.

1 2 3 4 5

20. I feel bad and discouraged if I'm not "the best" or at least "very special" in situations that involve achievement.

1 2 3 4 5

After taking the Impostor Test, add together the numbers of your responses to each statement. If your total score is 40 or less, you have a few Impostor characteristics; if you scored between 41 and 60, you have moderate IP experiences; a score of between 61 and 80 means you frequently have Impostor feelings; and a score higher than 80 means you often have intense IP experiences. The higher the score, the more frequently and seriously the Impostor Phenomenon interferes in a person's life (Clance, 1985, p. 23).