



What I'm thinking

**Facts supporting
the thoughts**

**Facts contradicting
the thoughts**

Is this thought based on evidence or opinion?

Is the situation as black and white as it seems?

Could I be misinterpreting the facts?

Could others have different perspectives?

Am I looking at ALL the facts?

Could I be overinflating the facts?

Do the facts truly support this thought?

How did this thought come to me?

How likely is this scenario?

Instructions:

This worksheet aims to help you capture an imposter thought and challenge them.

1. The first bubble to be filled out is "What I'm Thinking." This is where you write down a specific imposter thought.
2. Next, write down the supporting facts for and against this thought. What proof is there that this thought is accurate? What proof exists that calls it into question?
3. Make a judgment on this thought, specifically whether it is based on evidence or opinion.

Once you have have explored your thought more objectively, you can further challenge your thought with more Socratic questions.

1. Decide whether this thought is truly an either/or situation, or whether in reality there are shades of grey. Think about whether you are using all-or-nothing thinking, or making things unreasonably simple when they are truly complex.
2. Consider whether you could be misinterpreting the evidence or making any unverified assumptions.
3. Consider whether other people might have different perspectives on the same situation, and what those perspectives might be.
4. Ask yourself whether you are looking at all the relevant facts or just the those that back up the belief you already hold. Try to be as objective as possible.
5. Consider whether your thought could be over-inflating the reality.
6. Consider whether you are entertaining this negative thought out of habit or because the facts truly support it.
7. Think about how this thought came to you. Was it passed on from someone else? If so, are they a reliable source for truth?
8. Complete the worksheet by identifying how likely the scenario your thought brings up actually is, and whether it is the worst case scenario