

# Imposter Syndrome Bingo

A FREE RESOURCE ACTIVITY

## Directions

Imposter syndrome is a feeling that everyone else is better at something (be it school, a class, in the workplace) and that you don't belong.

Have participants circle or check off statements they have told themselves either presently or in the past. In my class, I then ask people to raise their hand if they circled at least one statement. **Chances are everyone has told themselves at least one of the statements. Sometimes, I do this while they have their eyes closed and tally the number of hands raised per question.** This visually demonstrates that **EVERYONE** experiences imposter syndrome at least once--and, how can you be the "odd one out"--an imposter--if you're in a room FULL of imposters?!?

I then ask people to walk around and find someone with similar statements circled. They often discuss that experience before moving on to the next person.





# Imposter Syndrome Bingo: K-5

Circle all of the statements that you have told yourself or continue to tell yourself!

I bet you're not the only one with circles on one or more of these statements!

Everyone has friends but me.	I'm afraid to share my opinion.	I feel like I don't belong.	Anytime I get a right answer, it was probably just a lucky guess.	No one likes the things I like.
I'm the only one who doesn't know the answer	People pick me because they have to.	Everyone is better than me.	I question my ability when I see someone do something better than me.	I never tell someone my interests or hobbies, because they might then ask me questions I won't be able to answer.
"I just got lucky, I guess."	I know I'm going to fail.	FREE!	When a teacher says "good job," they're just being nice.	Before a test or challenge, I say "here goes nothing."
I remind others of my failures.	Focus on mistakes instead of accomplishments.	I always remind people how much I don't know.	I don't tell others I feel like I don't belong.	I don't deserve praise.
I don't think I should win any award.	No one likes me.	I should be able to do everything myself.... "So-and-so" can.	If I ask a clarifying question, they'll know I don't belong.	I always notice when someone else finishes work before I do.





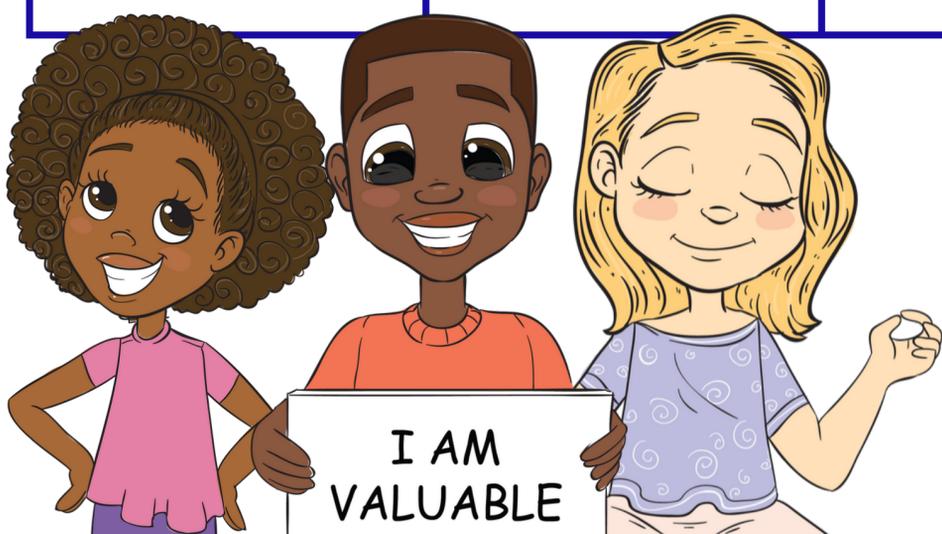


# Imposter Syndrome Bingo (Grades 6-8)

Circle all of the statements that you have told yourself or continue to tell yourself!

I bet you're not the only one with circles on one or more of these statements!

I was offered a seat at the lunch table because they felt bad for me.	I qualify my opinion with "I'm not sure, but..."	I have to practice at something because I'm stupid.	My opinion will probably sound stupid.	Everyone is smarter than I am.
Refrain from raising my hand.	People say hi because they feel bad for me.	Choose not to talk to someone because I'm not important enough.	I question my ability when I see someone do something better than me.	I never tell someone my interests or hobbies, because they might then ask me questions I won't be able to answer.
"I just got lucky, I guess."	I tell myself "I told you so" when I have a failure.	<b>FREE!</b>	I get good grades because of luck.	Before a test or challenge, I say "here goes nothing."
I remind others of my failures.	I get good grades because the teacher feels sorry for me.	I always remind people how much I don't know.	I don't tell others I feel like I don't belong.	No one knows the real me.
Explain to others why I'm not deserving of an award or compliment.	No one wants to really be my friend.	I should be able to do everything myself... "So-and-so" can.	If I ask a clarifying question, they'll know I don't belong.	I always check to see how long others are taking to judge my progress.







# Imposter Syndrome Bingo

Circle all of the statements that you have told yourself or continue to tell yourself!

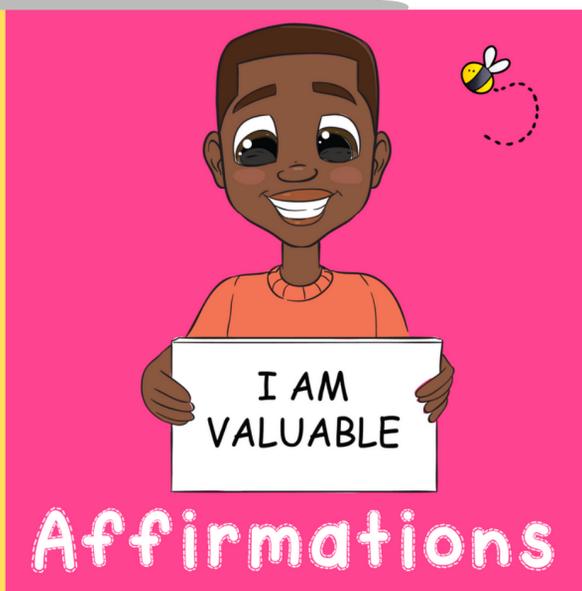
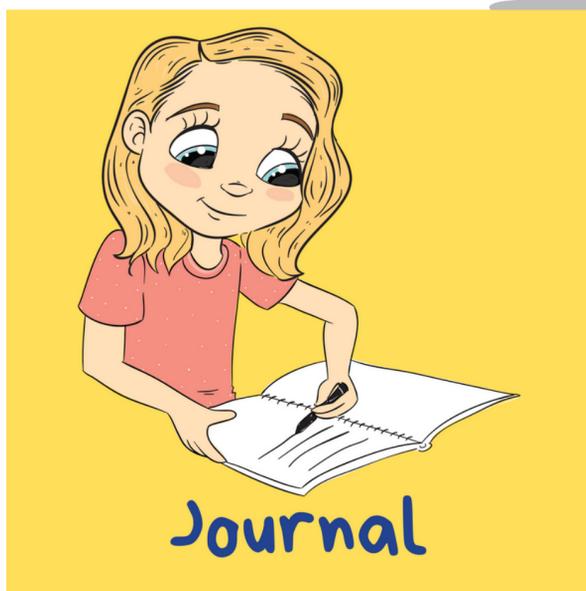
I bet you're not the only one with circles on one or more of these statements!

I was offered an interview because they must be desperate.	I qualify my opinion with "I'm not sure, but..."	I rarely share personal achievements because others probably do more.	My opinion will probably sound stupid.	"They probably just couldn't get someone better."
Refrain from raising my hand.	I assume compliments are because the person is just searching for something nice to say.	Choose not to talk to someone because I'm not important enough.	I question my ability when I see someone do something better than me.	I never tell someone my interests or hobbies, because they might then ask me questions I won't be able to answer.
"I just got lucky, I guess."	I tell myself "I told you so" when I have a failure.	<b>FREE!</b>	I'm confused how I got this job--I must have been the only one to have applied.	Before a test or challenge, I say "here goes nothing."
I remind others of my failures.	Focus on failures instead of accomplishments.	I always remind people how much I don't know.	I don't tell others I feel like I don't belong.	No one knows the real me.
Explain to others why I'm not deserving of an award or compliment.	I got this job/internship or admitted because they had to fill a quota.	I should be able to do everything myself.... "So-and-so" can.	If I ask a clarifying question, they'll know I don't belong.	I always check to see how long others are taking to judge my progress.



# Resources

Empowerment Elementary is a ton of resources to help you develop social-emotional learning in your classroom, organization, or even family. Did you know that students who participate in social emotional learning activities are less likely to experience depression, are able to better handle anxiety, and are more resilient? Check out more resources at our website, [www.brandonbarile.com](http://www.brandonbarile.com) and click "Empowerment Elementary."

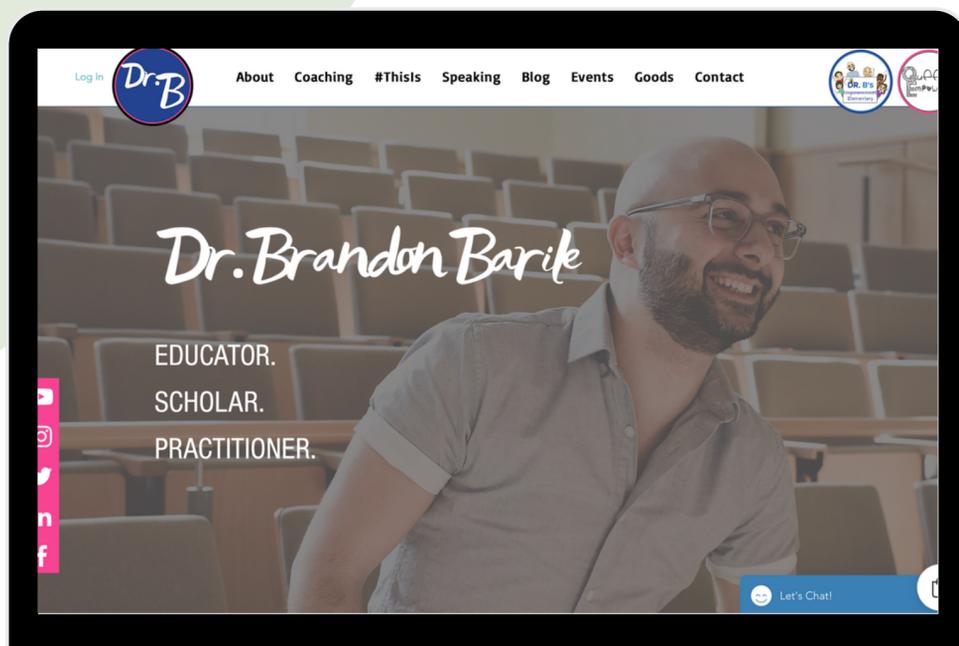
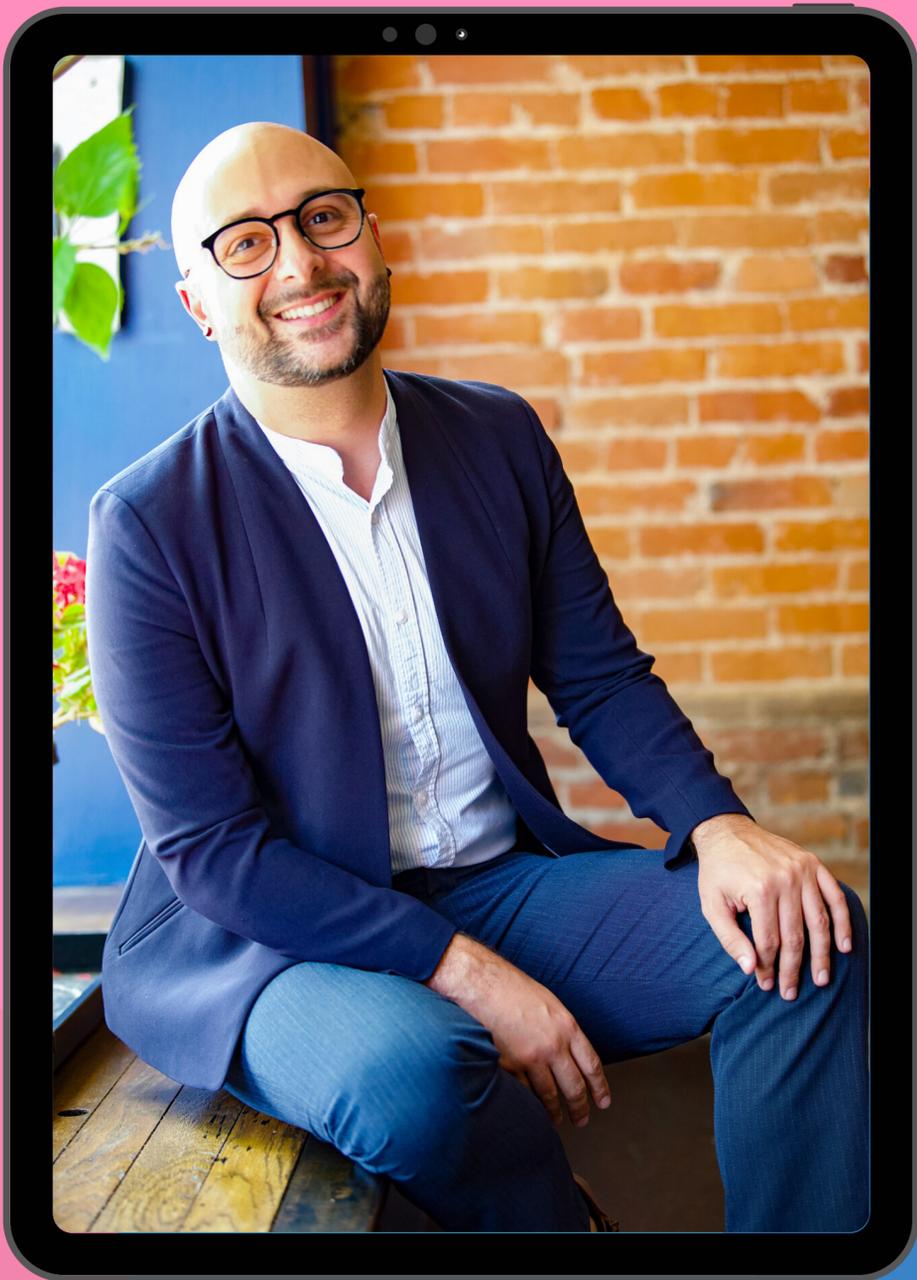


[www.brandonbarile.com](http://www.brandonbarile.com)

# About Brandon Barile

Dr. Brandon Barile holds a doctorate in organizational leadership and has taught applied emotional intelligence courses for ten years to kids as young as five and as old as 65! The applied emotional intelligence course, Personal Empowerment, can be adapted for any age, and has data to back up its success!

Brandon's experience in emotional intelligence also expands to self-worth for a variety of communities and includes diversity and inclusion development, competencies where Brandon serves as an adjunct and visiting professor, specializing in gender.



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