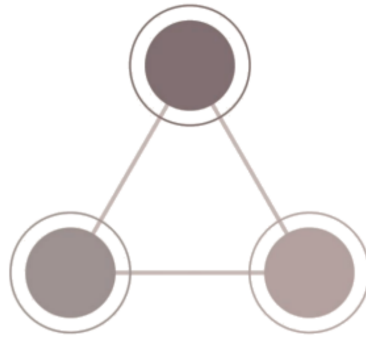




# She Thinks

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## HER SUBROUTINE

SELF-PERCEPTION LITERACY · A CONNECTED IMPACT ADVISORY INITIATIVE

*Not a glitch. Just code you never chose to write,  
and now know how to read.*

## BEFORE YOU BEGIN

# This isn't a test

This workbook won't score you, rank you, or tell you how much imposter syndrome you have. It's not a diagnosis and it isn't a clinical tool. What it offers is smaller and, we think, more useful: a way of noticing a pattern that a lot of women carry quietly, often without ever having had a name for it.

The patterns on the following pages are drawn from what's well understood about imposter phenomenon. You may recognise all five, one, or none. There's no right amount to relate to. The point isn't to prove you have a problem. It's to give a shape to something that might have felt, until now, like just being how you are.

If what comes up here feels heavier than reflection (e.g., if self-doubt is affecting your day-to-day wellbeing) that's worth a conversation with someone qualified to support you through it. This workbook is a starting point for noticing, not a substitute for professional support.

## HOW TO USE THIS

- Read each pattern slowly. Notice which ones land and which don't. Both are useful information.
- Answer each prompt honestly, in your own words. There's no version of this that's wrong.
- Keep this workbook somewhere you can come back to. The patterns don't change much on their own. What's worth watching is how your answers change.
- Come back in a month, or whenever feels right. A blank revisit page is included at the end.

## PATTERN 01

## 01

## The Luck Explanation

When something goes well, the first thought isn't "I did that". It's "I got lucky", or "the timing worked out", or "they just didn't have better options". Success gets explained by everything except skill.

**DOES THIS SOUND FAMILIAR?**

*You've said "I got lucky" about something you actually worked hard for.*

**REFLECT**

Think of one recent win. Write down every real reason it happened, including the ones that involve your own skill.

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## PATTERN 02

## 02

## The Discounting Reflex

Praise gets deflected before it's even landed. "Oh, it was nothing." "Anyone could have done it." The compliment bounces off before there's a chance to actually believe it.

## DOES THIS SOUND FAMILIAR?

*Someone praises your work, and your first internal response is to argue with them, silently.*

## REFLECT

Write down a piece of praise you've received and dismissed. Read it back as if it were said about someone else. What would you believe, then?

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## PATTERN 03

## 03

## The Exposure Fear

A quiet, background worry that eventually someone will realise you don't actually know as much as they think. That the competence everyone sees isn't quite real, and one day it'll show.

## DOES THIS SOUND FAMILIAR?

*You've over-prepared for something, not because it needed it, but because you were scared of being caught out.*

## REFLECT

What specifically are you afraid would be "found out"? Write it down plainly. Then ask: is that actually true, or is that fear talking?

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## PATTERN 04

## 04

## The Impossible Standard

A belief that you need to be flawless, or exceptional, before you've earned the right to speak up, apply, or take the seat. Good enough is never quite good enough.

**DOES THIS SOUND FAMILIAR?**

*You've held back from something because you weren't "ready yet" but you couldn't quite say what ready would actually look like.*

**REFLECT**

Name one thing you're holding back on until you feel ready. What would "ready enough" actually require, and is that a standard you'd apply to anyone else?

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## PATTERN 05

# 05

## The Comparison Trap

Measuring yourself against how confident someone else looks, rather than against your own actual trajectory. Their certainty becomes the yardstick for your doubt.

**DOES THIS SOUND FAMILIAR?**

*You've assumed someone else has it figured out, based on nothing but how sure of themselves they sounded.*

**REFLECT**

Think of someone whose confidence you've compared yourself to unfavourably. What do you actually know about what's going on for them, versus what you've assumed?

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## REVISIT

## Read your own words back to yourself

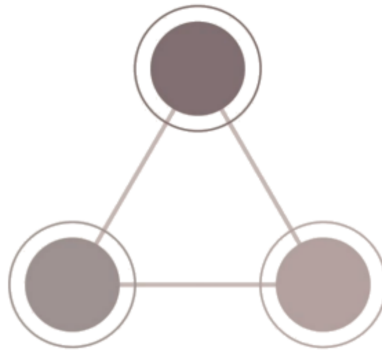
Come back to this page whenever it feels right (e.g., a month from now, or whenever something brings these patterns to mind again). You're not being asked to have improved. You're just being asked to notice what's true for you today, and to let today sit next to what you wrote before.

First reflection date: \_\_\_\_\_

This revisit date: \_\_\_\_\_

| PATTERN                         | WHERE I SIT WITH THIS TODAY |
|---------------------------------|-----------------------------|
| <b>01 · Luck Explanation</b>    |                             |
| <b>02 · Discounting Reflex</b>  |                             |
| <b>03 · Exposure Fear</b>       |                             |
| <b>04 · Impossible Standard</b> |                             |
| <b>05 · Comparison Trap</b>     |                             |

*Feel free to photocopy or print this page again for future revisits. This workbook is meant to be something you can come back to more than once.*



None of these patterns are evidence that you shouldn't be doing what you're doing, or that you don't belong where you are or want to be. They're evidence that you're human, and that the loudest voice in your head isn't always the most accurate one.

The work isn't to silence that voice. It's to know it well enough to stop mistaking it for the truth.

— *Belinda Hendrickson, Founder of She Thinks & Connected Impact Advisory*

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