

Superhero Syndrome Quiz

1. **Y N** Do you feel the need to be everything to everyone?
2. **Y N** Do you feel the need to always be strong, and never be down, sad or “show weakness?”
3. **Y N** Do you believe you can only rely on yourself to get things done the right way?
4. **Y N** Do you have a hard time showing weakness?
5. **Y N** Do you harshly judge yourself when you don’t meet self-imposed expectations?

*If you answered “yes” to 2 of these, you are at risk of overworking yourself in attempt to satisfy others.

** If you answered “yes” to 3 or more, you have IT... taken on the persona of a superhero

Superhero Syndrome: Strategy Worksheet

For each question below, consider your thoughts on the Superhero Syndrome reading. As you read each question, take a deep breath, exhale, and then make a commitment to yourself for each strategy so you can; take an honest step back, set boundaries, ask for help, take time for self-care and be realistic about your expectations.

Step 1: Take a step back and take an honest look at how you may be operating in the world using a superhero mentality. Write down when you notice it, where you tend to feel the most pressure and with whom you feel most inclined to be perfect or do it all.

Step 2: Set boundaries. Separate those things you must do from the tasks that you impose on yourself. Write down what you can begin to take off your plate, in order to lighten your load and decrease stress.

Step 3: Put your pride aside. What tasks or events would you like help with? (homework, real world situations, mentorship, just an ear to listen, budgeting, job search etc.) List them and the people you can ask for help to get them done.

Step 4: Be realistic. Think about the ways you put pressure on yourself and list here how you might be more realistic with the goals that you set for yourself. Write down realistic goals to keep you productive, in a healthy way.
