

LEADERSHIP DISEASE CHECKLIST A2. CREDITNOMEXIA

SYMPTOMS - Signs & Causes

Are you experiencing any of these now or in the past?

Which apply to you?

- When praise is given to you, you reject it or are embarrassed.
- You believe being humble is a required personal value.
- You think it's best to give others all the credit without recognizing you were part.
- After completion of a project, you focus on what did not go well or what could have been better.
- You don't want people to think you are bragging.
- When asked about your background, you provide a vague and limited explanation.
- You think your contributions or accomplishments are not that significant.
- After you have explained something from your past, you hear "I didn't know that about you."
- You downplay the importance of what you have done.
- You believe presenting facts about your accomplishments is not necessary.
- You over-acknowledge or dwell on your mistakes and missteps.
- You were taught or told as you grew up to not talk about yourself too much.
- You believe that other leaders will hear about your accomplishments without your telling them.
- When you introduce yourself, you omit your title and make no reference to your leadership roles.
- Your faith teaches that being humble is important.
- You are seen as a nice person, or you come from a culture which taught you to be nice to others.
- When you consider talking about yourself, your inner voice says, "Don't say much."
- You think being reserved may be an excuse to cover your apprehension to talk about yourself.
- When you are sharing your background, people who know you tell others what you have forgotten to mention.
- You often deflect compliments.
- You hear others say to you, "You realize that was a compliment."
- No matter how well things turn out, you still notice all the misses.
- You dwell on opportunities you have missed.

CREDITNOMEXIA - SYMPTOMS: Total Score: