

tips + resources  
for creatives with shame,  
perfectionism, & imposter  
syndrome

# SHAME-PROOF CREATOR QUIZ



## WHEN YOU SHARE YOUR WORK WITH OTHERS, YOU MOSTLY FEEL?

- A. Proud! I love showing off my creations.
- B. Anxious. What if they hate it?
- C. Guilty. Like I'm burdening them.
- D. Indifferent. Their opinion doesn't matter.



## HOW DO YOU HANDLE CRITICAL FEEDBACK?

- A. I obsess over it for weeks and rewrite everything.
- B. I delete the work and pretend it never existed.
- C. I ask clarifying questions to improve.
- D. I ignore it—my vision is non-negotiable.



## YOU'VE BEEN PROCRASTINATING ON A PROJECT BECAUSE...

- A. I'm terrified it won't live up to my last success.
- B. What if my family recognizes themselves in it?
- C. I'm stuck trying to make it 'perfect'.
- D. I'm just lazy, honestly.



## YOUR BIGGEST FEAR ABOUT CREATING IS...

- A. Being called selfish or attention-seeking.
- B. Accidentally hurting someone with my story.
- C. Getting rejected or ridiculed publicly.
- D. Running out of ideas and becoming irrelevant.



## WHEN SOMEONE SAYS YOUR WORK IS "TOO MUCH," YOU...

- A. Apologize and tone it down immediately.
- B. Defend it passionately, even if it causes drama.
- C. Secretly agree and vow to play it safe next time.
- D. Ask them to explain—maybe they have a point

## CHECK RESULTS BELOW

- Mostly As?
- Mostly Bs?
- Mostly Cs?
- Mostly Ds?

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## MOSTLY A:

### The People-Pleasing Perfectionist

You edit your truth to avoid judgment, leaving your boldest ideas trapped in drafts. Your brain's prefrontal cortex is hijacked by 'What will they think?' loops, making every sentence feel like a landmine. But perfectionism isn't diligence—it's fear in disguise.

Stop watering down your work. *Grab your free 'Imperfection Starter Kit'*

 [Download Now](#)

## MOSTLY B:

### The Guilt-Ridden Creator

You treat your art like a grenade, terrified it'll hurt someone. Your amygdala screams, 'What if they recognize themselves?!'—but your stories aren't weapons. Guilt is just your nervous system's misguided attempt to protect you.

*Free guide: 'Neuroscience Hacks to Separate Your Story from Their Shame'.*  
Write without apologies.

 [Steal the Hacks](#)

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## MOSTLY C:

### **The Fearless (But Exhausted) Rebel**

You're so busy defending your work from critics, you never finish it. Your brain's fight mode leaves you drained, not inspired. Rebel smarter—not harder—by creating first and explaining later.

*Grab your free "The Rebel Creator's Survival Kit"*

 [Download Now](#)

## MOSTLY D:

### **The Silent Observer**

You've convinced yourself your voice doesn't matter, burying stories your nervous system labels 'too risky'. But silence isn't safety—it's slow creative death. Your brain's lying to you.

*Grab "From Shame To Power: 7 Prompts to Reclaim Your Voice" now and start creating unapologetically!*

 [Get My Free Kit](#)

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**HEY THERE, CREATIVE SOUL!**

Thanks for taking the time to fill out the Shame-Proof Creator Quiz. Once you're done, send me your filled-in copy, and we can take the next step.

We can meet to chat about your creativity flow and tackle any challenges head-on, or if you prefer, I can send you a detailed email with insights and suggestions based on your responses.

My emails are: [coaching@kayconcept.com](mailto:coaching@kayconcept.com) or [kсениya.eksimez@gmail.com](mailto:kсениya.eksimez@gmail.com)

Just let me know what works best for you!

Looking forward to diving into your creative journey!

Warmly,

Kay