

Overcoming impostor syndrome

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What Is impostor syndrome?

Impostor syndrome is when a person may believe their insecurities to be true. It can be characterised by feelings of inadequacy, struggling to acknowledge achievements, and feeling like a fraud.

Feeling inadequate

- Feeling that they are not intelligent or capable enough to be successful.

Struggling to acknowledge achievements

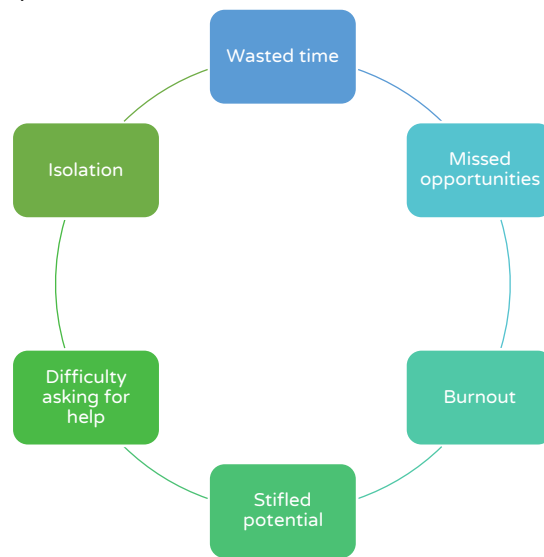
- Feeling that they do not deserve their achievements, or that it is a fluke/one off.

Feeling like a fraud

- Feeling like a fraud, and that they will be 'found out' by others.

Impostor syndrome can affect anyone- it doesn't discriminate. Whether you are a CEO at the top of your field, or someone starting out in their career. In fact, it is actually high achievers that most often experience impostor syndrome.

Impacts of impostor syndrome



Wasted time

Trying to strive for perfection, individuals suffering from impostor syndrome may end up overpreparing, using up time that could be allocated to other tasks.

Missed opportunities

Lacking confidence in their abilities, people with impostor syndrome may not put themselves forward for opportunities like promotions or bigger projects.

Burnout

People who struggle with impostor syndrome may end up working more and for longer to do as much as possible. This can put them at risk of burning out.

Stifled potential

People with impostor syndrome are less likely to take risks or embrace challenges, limiting their opportunity to improve and make the most of their skills.

Difficulty asking for help

They may find it difficult to ask for help, because they believe that it will expose them as a fraud. This means they don't get help for topics they are unsure of and feel more inadequate.

Isolation from others

In an effort to do their best work, people with impostor syndrome might prioritise their work over social connection, and end up isolating themselves from others.

Strategies to overcome impostor syndrome

Note down your negative thoughts

Challenge them

Talk to someone

Ask for feedback

Write down your achievements

1. Note down your negative thoughts
 - a. Whenever you have a negative thought about your abilities, write it down.
 - b. You can gain an awareness into the types of thoughts that you're having and why.
2. Challenge them
 - a. Once you are aware of the thoughts that you're having, you can start to challenge them.
 - b. What facts can you use to counter them?
3. Talk to someone
 - a. Keeping negative thoughts to yourself can make you feel more overwhelmed.
 - b. Talk to someone you trust about how you're feeling.
4. Ask for feedback
 - a. Feedback can be constructive and help you grow and develop.
 - b. It may not always seem positive, but you can make it into a learning experience.
 - c. It gives you actions to work towards, which will make you feel more capable.
5. Write down your achievements
 - a. While in the moment you may not feel very proud of an achievement, keep a record of all of your successes.
 - b. You can reflect over these to challenge your negative thoughts, as these are concrete evidence of your talent and abilities.