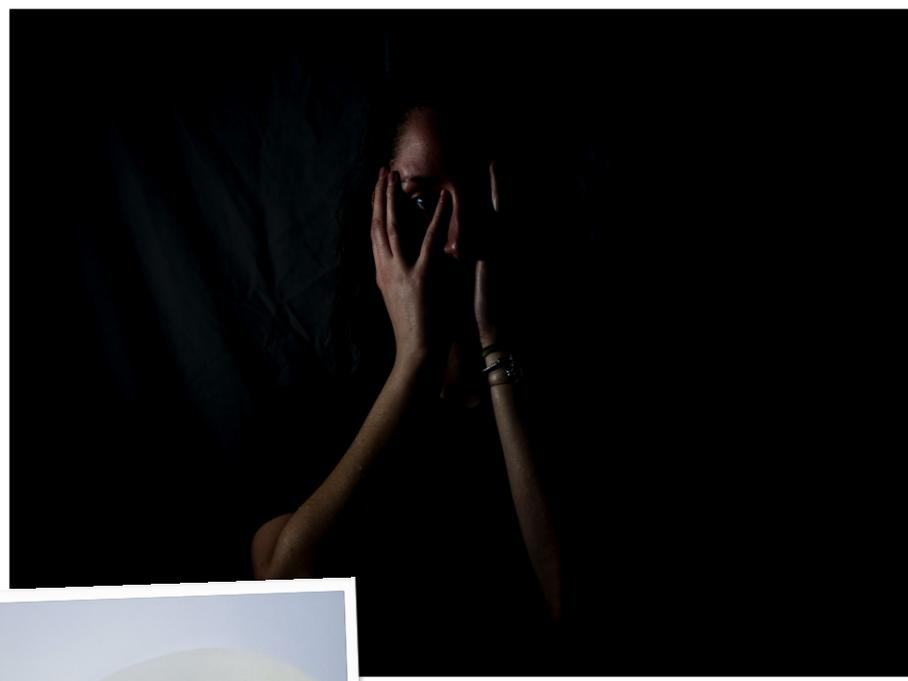


Imposter Syndrome

Taming your Inner Critic



What is Imposter Syndrome?

“A collection of feelings of inadequacy that persist even when faced with information that indicates that the opposite is true“

“Despite external evidence of their competence, those with the syndrome remain convinced they are frauds and do not deserve the success they have achieved. Proof of success is dismissed as luck, timing or as a result of deceiving others into thinking they are more intelligent and competent than they believe themselves to be”

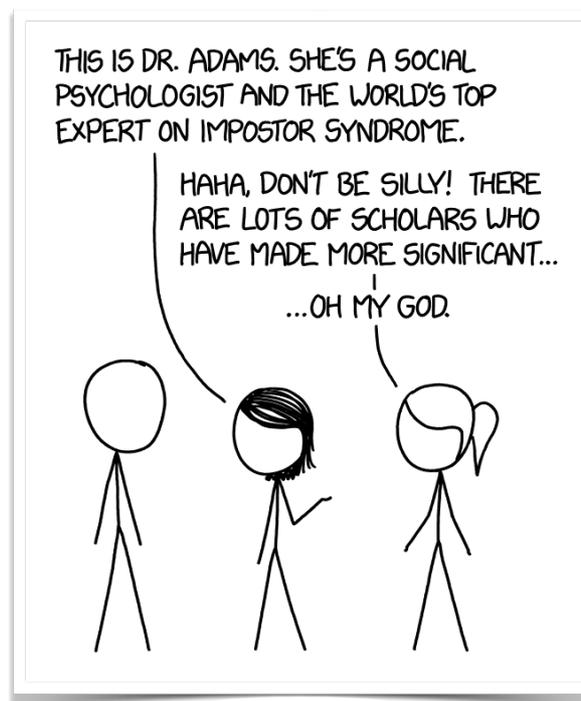


Image source: xkcd.com/1954

How do I know if I experience Imposter Syndrome?

Do you say to yourself....

I'll get found out

I can't do this

I'm a failure

I've just been lucky

Am I the best person for this job?

What made me think I could do this?

I'm not good enough



Then you probably struggle with Imposter Syndrome

Over 70% of people will struggle with Imposter Syndrome at some point in their life and this can range from feelings of unease and anxiety to being unable to speak in meetings or go for promotion, etc.

It can affect anyone, no matter their social status, work background skill level or degree of expertise. It is often seen as a weakness, however it shows two things:

- 1) You are a high achiever
- 2) What you are doing is important to you

And don't believe anyone that tells you only women are affected by Imposter Syndrome! In fact, approximately 56% of men struggle with Imposter Syndrome, the only difference is that it presents itself in a different way.

Men struggling with Imposter Syndrome tend to be more impulsive, show a need for change and take risks, whereas women withdraw and avoid risk.

Society tends to reward risk taking in business, so the female version is viewed as the problem that needs to be fixed. Both behaviours need to be addressed because feeling like a fraud can be debilitating even for those who suffer mildly and men frequently don't have the same support systems in place as women.

So, let's take a look at how Imposter Syndrome can appear in your behaviour.

The Five Types of Imposter Syndrome

- **The perfectionist**

Perfectionists are never satisfied and always feel that their work could be better. Rather than focus on their strengths, they tend to fixate on any flaws or mistakes. This often leads to a great deal of self-pressure and high amounts of anxiety.

- **The superhero**

Superheroes feel inadequate, so they feel compelled to push themselves to work as hard as possible regardless of impact on mental, physical and emotional health. These will frequently work late.

- **The expert**

Experts are always trying to learn more and are never satisfied with their level of understanding. Even though they are often highly skilled, they underrate their own expertise. They feel less experienced than their colleagues if they don't know the right answer.

- **The soloist**

Soloists people tend to be very individualistic and prefer to work alone. Self-worth often stems from their productivity, so they often reject offers of assistance. They tend to see asking for help as a sign of weakness or incompetence.

- **The natural genius**

These individuals set excessively lofty goals for themselves, and then feel crushed when they don't succeed on their first try. If they don't succeed on their first go, they feel unworthy, guilty and shame.

Why do we need to deal with Imposter Syndrome?

Other than being incredibly uncomfortable if you are dealing with it on your own, it can lead to anxiety, prevent you from going for a promotion, stand up and give a presentation and even make you physically ill.

If you're constantly undermining yourself with feelings that you don't belong or aren't capable of doing the work that is given to you, then it will inevitably make you less confident, less likely to take steps to advance your career, and less likely to enjoy your time at work.

Five Strategies for Success

I wish I could tell you that there is a magic cure, but there isn't. Every time you feel like a fraud, you have to deal with that situation. However, the following strategies DO help:

- ✓ Talk to someone - a problem shared is a problem halved.
- ✓ Write down a list of your achievements.
- ✓ Focus on the positive. Reframe your language.
- ✓ Visualise the successful completion of a task.
- ✓ Celebrate your successes!

How can I help you?

Perhaps you are looking for more practical and targeted support with Imposter Syndrome?

NLP or Neuro Linguistic Programming is sometimes defined as the study of excellence. Perhaps a good description would be a user's

manual for the mind. NLP techniques can be used to improve many areas of our lives, such as a lack of self confidence, feeling stuck and dealing with Imposter Syndrome.

If you would like to know more about NLP and how it can be used to help you overcome Imposter Syndrome, gain more self confidence and get rid of those limiting beliefs that hold you back, then book a call with me.

Remember

“It's not who you are that holds you back; it's who you think you're not”

