



Activity: Imposter Syndrome

How does **imposter syndrome** affect you? Identify one statement that fits your default reaction.

- Do you **agonize** over even the smallest mistakes or flaws in your work?
- Do you attribute your success to **luck** or outside factors?
- Are you very **sensitive** to even constructive criticism?
- Do you fear that you will inevitably be **found out**?
- Do you **downplay** your own expertise, even in areas where you are genuinely more skilled than others?

Pick at least one of the following strategies to type into **CHAT** as your remedy of choice. Pledge to use it the next time you confront **imposter syndrome**.

1. Share your feelings.
2. Focus on helping someone else to build confidence in your own abilities.
3. Assess your strengths: write down your skills and accomplishments.
4. Reward yourself each time you take action.
5. Ask yourself: "Does it make sense to think you are a fraud given everything you know?"
6. Stop putting yourself down by comparing yourself to others.
Don't judge your insides by someone else's outsides.
7. Don't fight your feelings. Lean into them, accept them, acknowledge them.
(Jon Kabat Zinn – "sit with it")
8. Jump in. Just do it!



STRATEGIES

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