

IMPOSTOR SYNDROME



HOW DOES IT SHOW UP IN BEHAVIOUR?

1. Avoid new challenges because we fear the discomfort of feeling like an impostor, or feel anxious we might screw it up
2. Get stuck in the endless, exhausting, robbed of joy impostor cycle...

Bex's top 5 ways to "REMIX" IMPOSTOR FEELINGS

THE REALITIES

The only difference between us and someone who doesn't feel like an impostor is HOW WE THINK

To STOP feeling like an impostor we need to stop thinking like an impostor

Feelings are always the last things to change. That's why we tackle thinking first.

Your impostor thoughts have been learned, so they can be unlearned too!

WHAT IS IT?

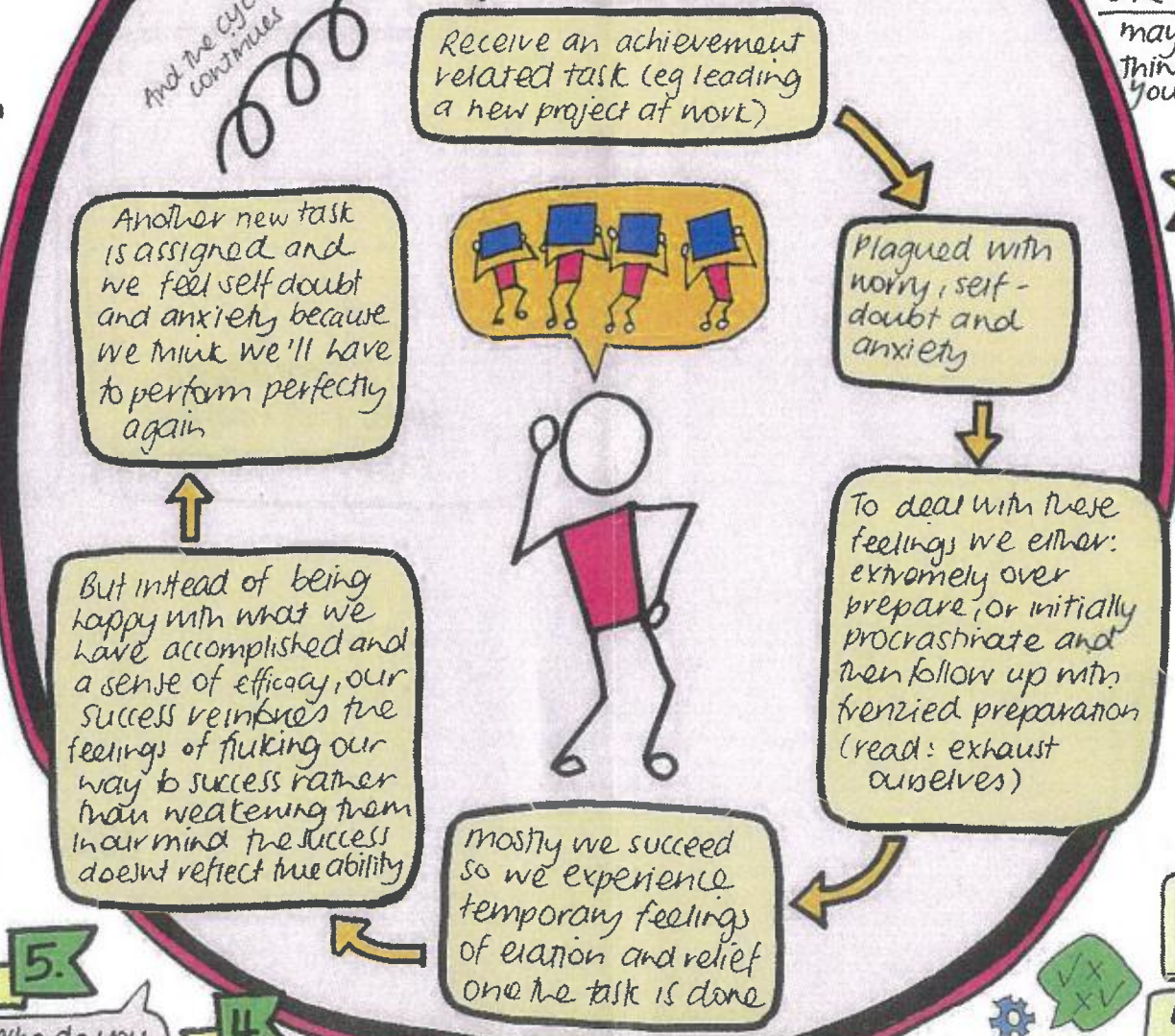
A psychological pattern in which people doubt their accomplishments and have a persistent fear of the "talent police" showing up and being exposed as a fraud.

DOES IT APPLY IN MY LIFE?

DO YOU:

- 1. Have the following justifications for your promotions, recognition, awards, good grades:
 - I GOT LUCKY
 - I was in the right place at the right time
 - They're just being nice
 - If I can do it anyone can
 - I had a lot of help
 - Someone must have made a mistake
 - They must have let anyone in
- 2. Have an intense feeling that the "talent police" will show up any second and realise your accomplishments were all a fluke?
- 3. Have trouble internalizing your achievements?
- 4. Discount positive feedback and maintain unrealistically high standards for self evaluation?
- 5. Tend to overgeneralise a single failure experience to your whole life?

The IMPOSTOR cycle



1. REMIX TO

I FEEL LIKE AN IMPOSTOR; THEREFORE I AM AN IMPOSTOR

FEELINGS ARE NOT FACTS. The inner critic voice in your head sounds compelling but you have a choice to buy into what it's saying, or not. Acknowledge the thought and then politely decline entering into further conversation; you're too busy to stop that anyway!

2. REMIX TO

I am incompetent if I make mistakes, can't juggle everything, and can't achieve to a high standard on my own.

Re-frame your competence beliefs

PERFECTIONISTS → Competence is not about perfection because that does not exist. Competence is about being an excellence seeker and adding value.

NATURAL GENIUS → Competence is not about innate talent; that has remarkably little to do with achievement. Deliberate practice is what leads to achievement.

RUGGED INDIVIDUALIST → Competence doesn't mean knowing how to do everything yourself. Competence means knowing how to identify the resources needed to get the job done.

EXPERT → Competence doesn't mean knowing everything. Competence means being comfortable with not knowing everything and trusting what you do know.

SUPERHERO → Competence doesn't mean doing it all. Competence means cutting out unnecessary tasks so you can do an even better job of the tasks that really matter to you.

WHERE DOES IT COME FROM?

1. Early messages when growing up about ACHIEVEMENT, SUCCESS + FAILURE
2. Certain kinds of personality traits:
 - MALADAPTIVE PERFECTIONISM** We feel the need to do everything perfectly then feel fraudulent when we can't achieve this impossible standard.
 - LOW CONFIDENCE, LOW SELF EFFICACY** We think our achievements are a fluke because underneath it all we don't truly believe we're capable of awesome things
 - ANXIETY** If we are prone to worrying more in general, then we're often more prone to impostor feelings too.
3. We all have naturally grumpy brains that will fixate on negatives, like mistakes and failure by default - if we let it.

5.

Who do you think you are to put your hand up for that?

REMIX TO

Why not you, and why not now? Life is so short. The world is missing out if people like you play small

4.

I should know more than this by now

REMIX TO

Accept that we are continually operating on a learning curve. There is no "knowing it all" destination point. Embrace the process of being a work in progress.

3.

I will try once I feel a little more confident

REMIX TO

Take ACTION NOW, exactly as you are. Confidence comes from taking action, not the other way around.



Reflecting on your own EXPERIENCES

Notes

CURRENT STATE OF PLAY:

- ➔ Whenever I'm in a situation where....
- ➔ I usually experience feelings of...
- ➔ The negative voices in my head start saying....
- ➔ And what I typically do is...

WHERE I'D LIKE TO GO NEXT:

• What self-affirming things would I rather feel?

• What would I like the new positive voices in my head to say?

• What would I rather do in this situation?

What good is knowledge without ACTION:

- ★ What is one "aha" moment you have had?
- ★ What is one action you will commit to taking as a result?



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