TYPES OF PEOPLE WHO CAN HAVE IMPOSTOR SYNDROME:

- All the smart, successful people that you think have their sh** together
What is it?

Where does it come from?

Do I have it?

How does it show up for me?

What can I do about 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

(...despite LOADS of evidence to the contrary!)
Everyone feels like an imposter sometimes, and that’s okay.
The Perfectionist’s Guide to Results

I SUCK

Anxietea

What if I’m too cold?
What if I’m too hot?
What if I’m just right and I can never live up to it again?

What if nobody likes me?

What if I taste weird?
Which statements resonate for you? ...
I often have difficulty delegating.

If I miss the mark on something, I ruminate about it for days and tell myself I’m not cut out for this!

I feel like my work should be 100% perfect, 100% of the time.
When I’m faced with a setback my confidence drops; I feel a sense of shame that I haven’t performed well.

I find new challenges uncomfortable because I worry I might not be good at the new thing I’m trying.
If I need a mentor to help me then it’s not really my achievement

I feel that I should be able to accomplish things on my own
I shy away from applying for jobs unless I meet the majority of the requirements.

I constantly seek out further training or certifications because I need to improve my skills in order to succeed.

Even when I’ve been in a job role for a while, I still feel like I don’t know enough.

I shudder if someone calls me an expert.
Despite numerous achievements, I feel like I haven’t truly earned my title so feel pressured to work harder and longer to prove my worth.

I get stressed when I’m not working and I find downtime wasteful.

Because I’m often working, my hobbies and passions has fallen by the wayside a little.
Perfectionist

“I should have done better. Mistakes are unacceptable”

(Young, 2011)
Natural Genius

“If I were really smart this would be effortless”

(Young, 2011)
Rugged Individualist

“The only achievements that really matter are the ones I got myself”

(Young, 2011)
Expert

“If I were actually smart, I’d know everything there is to know”

(Young, 2011)
“If I were really competent, I’d be able to do it all”

(Young, 2011)
A CHALLENGE
The first step to changing how we FEEL is changing how we THINK.
Feelings are NOT facts!
REMIX!

RE-FRAME YOUR COMPETENCE BELIEFS
REMIX!
Enjoy the PROCESS of being a work in progress.

REMIX!

www.respectingtheprocess.com
If you tone it down, life can't hear you.
Thank you!

Oh, and a little something to always remember ...

THE BEST ADVICE I'VE EVER RECEIVED IS 'NO ONE ELSE KNOWS WHAT THEY'RE DOING EITHER.'

RICKY GERVAIS