

IMPOSTER SYNDROME;

AM I REALLY THAT GOOD?



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□ INTRODUCTION



- Imposter syndrome also known as fraud syndrome, impostorism, and perceived fraudulence was first described in 1978 by Suzanne Imes, Ph.D., and Pauline Rose Clance, Ph.D. as an observation first among successful women and other marginalized groups.
- According to the National Institute of Health, Imposter syndrome is a psychological pattern in which individuals doubt their skills, talents, or accomplishments and have a persistent internalized fear of being exposed as a "fraud."
- Imposter syndrome (IS) is a behavioral health phenomenon described as self-doubt of intellect, abilities, or accomplishments among high-achieving individuals.

❑ SIGNS AND SYMPTOMS

- Constant self-doubt
- Attributing success to external factors
- Overworking
- Atychiphobia: The fear of failure
- Comparing yourself unfavorably to others.
- Downplaying achievements
- Feeling like a fraud





□ TRIGGERS

- **Competitive environments:** High-pressure workplaces or academic settings where comparison is common.
- **Being a "minority" in your field:** Feeling out of place due to gender, race, age, or background.
- **Social media:** Constant exposure to others' curated successes can intensify feelings of inadequacy.
- **Childhood experiences:** Upbringing that emphasized achievement or provided inconsistent praise.
- **Achievemephobia (Fear of Success):** Difficulty in internalizing or recognizing their successes, as succeeding may lead to higher expectations

❑ IMPACT

- **Reduced Self-Esteem:** Persistent feelings of inadequacy can lower self-confidence.
- **Anxiety and Stress:** Constantly feeling like a fraud can create significant anxiety.
- **Difficulty Accepting Praise:** Individuals often struggle to accept compliments dismissing their achievements as luck or timing rather than merit.
- **Perfectionism:** Many people with imposter syndrome strive for perfection to compensate for their perceived inadequacies, which can lead to excessive pressure and disappointment.
- **Overworking:** In an attempt to prove themselves, individuals may work harder than necessary, leading to fatigue and decreased work-life balance.



❑ MANAGING IMPOSTER SYNDROME

- **Acknowledge Your Feelings:** Recognize that feeling like an imposter is common.
- **Talk About It:** Share your feelings with trusted friends, mentors, or colleagues.
- **Focus on Achievements:** Keep a record of your accomplishments and milestones.
- **Avoid Comparison and Negative Talk:** Everyone's journey is different. Focus on your progress rather than comparing yourself to others. Refrain from talking down on yourself.
- **Seek Professional Help:** Consider talking with a counselor or a therapist to help you work through these feelings





☐ POSITIVE AFFIRMATIONS

- I trust myself to make good decisions.
- The point of life is balance, not perfection.
- I am allowed to take up space in greater places.
- I am worthy of my achievements.

Want to know if you are dealing with Imposter syndrome? Jump on this test.

<https://www.verywellmind.com/imposter-syndrome-quiz-8622818>



Thank you for
listening!