



I'm not robot



**Continue**

## Imposter syndrome worksheet

Think about your greatest achievements. Do you feel proud of what you have achieved? Or do you feel like a fraud? Does each enhancement, promotion or award bring joy? Or is it accompanied by the fear that, some day, your cover will be blown, and everyone will find out that you are only lucky? If you experience feelings of inadequate and doubtful yourself, you may be surprised to learn that you are in a great company. Imposter syndrome is often associated with people who achieve high achievements. So if you feel like a scammer, it's very likely that you're more likely than you think. Cheating really doesn't have to worry about this! In this article, we will examine Imposter Syndrome: what it is, how it can limit your abilities, and strategies you can use to fix it. Beat your inner critic with these four strategies. What is imposter syndrome? Imposter syndrome is the overwhelming feeling that you do not deserve your success. It convinces you that you are not as smart, creative or talented as you seem. It is doubtful that your achievements are down to luck, good times or just being in the right place at the right time. And it comes with the fear that, one day, you will be exposed as a scammer. Imposter syndrome can be associated with other feelings of self-doubt, such as fear of success, fear of failure, or self-sabotage. But it is not simply a symptom of low confidence, or excessive modesty. It involves a constant fear of exposure, isolation and rejection. Imposter syndrome often strikes at times of success: starting a new job, getting an award or promotion, or taking on additional responsibilities such as teaching others, starting your own business, or becoming a parent for the first time. These emotions can inspire you to work harder, not to be masked, lead to further success and recognition – and feel like a bigger fraud. But often, they lead to downshifting. This is when you modify your goals and become less ambitious, so prevent you from accomplishing your true potential. According to the Dunning-Kruger Effect, people with a high likelihood often have low awareness of that ability. However, that does not mean that they all have Imposter Syndrome, which is uniquely related to a fear of discovery. Imposter syndrome and gender identity imposter syndrome have long been said to affect more women than men, especially in male-dominated environments. In their groundbreaking article The Imposter Phenomenon, Pauline Rose Clance and Suzanne Imes focus on the prevalence of Imposter Syndrome in high-performing women. However, recent research has suggested that in some cases, men with Imposter Syndrome may experience more anxiety than women and could have done worse. In the same study, women showed greater resilience, and handled more actively with taking responsibility. Do I have imposter syndrome? Ironically, Imposter Syndrome can be difficult to recognize in oneself. Many accept that others have the syndrome, but that, in their case, they are actually impostor. However, if you recognize any of the symptoms we describe below, you may also experience Imposter Syndrome. Feeling inadequate and self-doubting Imposter Syndrome expresses itself in an extreme lack of confidence. When you experience success, you may find yourself thinking I'm not worthy, or I don't deserve this. Most people suffer from a lack of confidence at some point in their lives, but with Sensory Imposter Syndrome is constant and serious. Showcasing global trends Many people who experience Imposter Syndrome are global people. They set themselves unreasonable high goals, and then felt embarrassed or frustrated when they failed. Global people are never happy with their achievements, prefer to focus on their mistakes and failures. Even those who achieve the highest achievements can become victims of this way of thinking. For example, the 2019 Heptathlon world champion, Katarina Johnson-Thompson, spoke of her experiences of chronic suspicion of herself, even when performing at the elite level. Fear of Judgment and Discovery Imposter Syndrome is characterized by a constant fear of discovery. People who are obsessed with fear that they are not only not good enough, but also their colleagues and managers will surely learn - if they have not yet done so. This fear can lead people with Imposter Syndrome to ridiculous extremes. They often push themselves to the limit to prevent exposure, but somehow refuse to accept that their efforts were good enough. This creates a vicious cycle of effort, dissatisfaction, and fear, that further damages their self-esteem. Refuse to own your successful people with Their Downplay Impersonation Syndrome achievements. Often, they will use negative self-talk to convince themselves that they do not own their success. This self-talk often provides seemingly reasonable support for unreasonable ideas. One symptom is to overcome something that they did is easy, even if they have spent a lot of time and effort on it. For example, when completing a successful task, they may think: Well, anyone can do this or better. And when a manager shows that it is, in fact, difficult, they can find ways to ignore these comments. For example, they might think, Well, I'm just lucky and had a lot of help. You may also believe that if you have started over, you will have no luck, talent, or skills to replicate your current success. Just because you doubt your abilities doesn't mean you're having Imposter Syndrome. Sometimes, you'll actually be out of your depth! In these cases, it is important to be honest and seek help from your manager instead of continuing to plug away without the prospect of success. Does my team have imposter syndrome? imposter's testimony not only hurts those who experience it. It also hurts the teams and businesses they belong to. So if you are in a leadership role, it pays for an eye out for group members who are struggling with feeling inadequate. They can reject promotions or avoid challenging new roles or high-exposure projects. They may be uncomfortable with compliments or praise, noting good work or success for luck or knowing the right people. Another sign is that comparing yourself unfavorably with others, using self-lowering statements like I'm not sure I know what I'm talking about, but... Or it might just be me, but... They may even publicly express fears of failure or ine talent. Overcoming Imposter Syndrome Realizes that the alternative is to become bragging and self-important, but this does not need to be the case. The following sections give you some tips to help you defeat Imposter Syndrome. 1. Acknowledge your feelings The first step in overcoming Imposter Syndrome is to acknowledge what you are feeling, and why. Start by keeping a journal. Whenever you feel self-doubt or incomplete, write them down, and explain why you feel that way. As specific as possible about each situation. It is very likely that when you write it down, you will find that you should not worry about the situation. For example, you can write, I presented to the board, and although they say that I did very well, I can see that they are not impressed by what I said. If you think about what you wrote, and about how board members actually react, you'll probably find that their response is sincere, and that your fears are unfounded. Next, use cognitive restructuring to counter negative thoughts with positive reporting, and to come up with affirmations that neutralize thoughts. Consider the success you've had that has led to this point. Clance and Imes recommend imagining yourself telling all the people you think you've cheated on about how you tricked them. How will they react? Most likely they will tell you that they did not give you a good class, promotion or prize because you seduced them. They may even be annoyed that you doubt their professional judgment. Remember that while emotions are important, they are just emotions. So feeling unqualified doesn't mean you're uneligible. Be aware of the automatic thoughts and feelings that you have, and work against those who have fact-based claims, such as, I am qualified for this task because..... 2. Talk to others Reach out and talk to people you trust. You may be surprised by how many of your friends and colleagues can relate to how you feel. Listen to the people you respect in your life and let them show you how unfounded your fears are. In the book Of her, The Secret Thoughts of Successful Women, Valerie Young writes of the surprise she felt when she discovered that her colleagues and mentors also had a sense of suspicion: For me, they were intelligent, clear and supremely capable individuals. To know that even they feel they have deceived others that rocked my world. 3. Develop a quick reaction plan Dealing with Imposter Syndrome takes long-term effort, but sometimes you need tactics to deal with it at particularly stressful times. When negative self-talk takes over, try to confront it by separating yourself from the emotional power of the voice. You can do this by thinking about yourself in the third person. Instead of allowing myself to think, why do I do it? try to think, Why do they do it? This will help you get a more objective, external view of your thoughts and feelings. You can also resist the tendency to think that I am not good enough by deciding to take more risks. This may seem counter-intuitive, but by calculating risk and success, you can build a case against your inner critic. However, avoid recklessly as this can be self-destructive. 4. Understand your strengths and weaknesses Build your confidence by becoming more aware of your strengths and weaknesses. Conduct personal SWOT analysis to discover what you're best at and think about how you can minimize your weaknesses. Once you have a deeper understanding of your strengths and weaknesses, you won't have to spend too much time worrying that you don't qualify for certain tasks, projects, or roles. Develop a support network of people who can help you appreciate the reality of your situation and combat your negative self-talk. 5. Overcoming perfectionism Learn to set yourself realistic, challenging and achieved goals with our article on goal-setting mistakes and accepting honest failures as part of life. Instead of seeing your mistakes as something to be ashamed of, treating them as learning experiences will help you perform better next time. As a manager, try to promote a psychologically safe environment in which your team members can fail without being blamed or re-offended. 6. Own your success Often, people with Imposter Syndrome find it difficult to accept praise. When things go well, they claim that their success is due to external factors such as help from others or luck. But when things go wrong, they blame themselves. Try to develop an internal, circular control locus. If you believe that your life is shaped by your own actions, choices and decisions, you can take responsibility for your achievements, as well as your shortcomings, and make the most of them. When you achieve a goal or complete an important project, acknowledge that it is your skills and talents that make it happen. And celebrate it, too. It is important to enjoy your success, so imagine success in advance, so that you are ready to welcome it when Happen. Keep a record of positive feedback. Practice listening to praise, receiving praise, and drawing nutrition from it. Write down why your negative thoughts are wrong or pointless and explain why you are qualified or worthy enough for this job. And, if you are a manager, be sure to give and share positive stories about successful team members. Imposter syndrome is a model of self-fulfilling thinking in which you consider yourself a scammer. You doubt your own intelligence and talent and think that anyone who believes otherwise is being nice or has somehow been fooled into proving this. To overcome Imposter Syndrome, you need to break the pattern of setting unattainable standards and think that externally, temporary factors such as luck, or the help of others, are responsible for your success. You also need to stop blaming your own personal shortcomings for mistakes or failures. Talk to others about how you feel. Overcome your global trends by setting realistic goals for yourself, and accept that mistakes and failures are part of life. Finally, own your successes. Learn how to take a compliment, and draw strength from it. Infographic Click on the image below to see our top tips on defeating imposter syndrome, shown in an infographic: infographic: