



eBook

# *Eliminating Imposter Syndrome*



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## Introduction

Oh Imposter Syndrome. So invasive that it affects us at work, in relationships, and in everyday life.

Interestingly, Imposter Syndrome targets high achievers. Those who want to reach their full potential and live up to their ultimate level of greatness. The growers, life-long learners, seekers and doers.

If Imposter Syndrome is left to its own devices, left to grow and flourish, it can cause destruction in the form of unused potential, repression of goals and desires, even depression, and anxiety as a few clients have shared.

This eBook is dedicated to those who wish to take action to defeat Imposter Syndrome once and for all-or at least change your relationship with it, and reduce its impact.

For some, that will be the case. Others will see a dramatic reduction in the negative mindset that is offered by this mental intruder.

With so many options for taking down Imposter Syndrome offered in this eBook, you are likely to find the tools that can work well for you.

## 6 Statements Which Send Imposter Syndrome Packing

There's never a good time to feel like you don't belong. And let's face it, it can be really annoying to have Imposter Syndrome crop up unexpectedly. Especially when it can show up anywhere: at work, in your social interactions, even in dealing with your kids.

How can you get a handle on these negative thoughts and all those feelings that come with it, quickly, before it becomes a way of life?

You start by telling it off. That's right, talk to the Imposter internal critic directly. Try these statements:

### **“You're a Nobody”**

In fact, why not name your Imposter when it shows up to make trouble. Tell "Nagging Nelly" to take a hike. Make "Mumbling Mike" take his criticisms elsewhere. Giving Imposter Syndrome a name takes the sting out of what it has to say. Who's going to listen to someone named "Grumpy Gus"?

### **“I'm Going to Tell”**

Sharing with others can be very helpful when dealing with Imposter Syndrome. After all, the Imposter would have you isolate, lest the world finds out just how awful you are. The Imposter Syndrome likes to be kept a secret and makes you fear others may find out you are not as good as you say or claim to be. Maybe you have a new role or title, put your best foot forward to interview for a new job and then you have to now live up to the expectations. Yikes! An invitation for the Imposter Syndrome.

However when you draw others close, you're going to find out you have people who genuinely admire and respect you ...(external validation) for a good reason. Or you may find out that others have experienced this too, and may have some tips. You can work with a professional coach to shore up your internal validation as well. The Imposter Syndrome can't stand up to this kind of support.

### **“I Don't Have Time for You”**

It takes a lot of mental real estate to worry about what others are thinking about you. Instead of dwelling on negativity (which serves no one), why not get busy doing something else? Throwing yourself into a project or spending time with people who build you up will keep you preoccupied, you won't have time to get lost in the



downward spiral of Imposter Syndrome. Tell that Imposter Syndrome character you are too busy making goals happen and spending time with those who inspire you to be your best and highest self.

### **“I Know More Than You Think”**

Imposter Syndrome will convince you you're a fraud. It will dig in and try to point out how little you know and threaten you with showing the whole world just how ignorant or insecure you are. When you're secure in your skillset, your knowledge, and embrace your expertise, you can't be touched by these kinds of thoughts. You have counter evidence to dispute these thoughts and can confidently remind yourself, “I know more than the Imposter Syndrome is crediting me for and I can learn whatever else I need to know for this role, experience or goal.”

Make a list of all the meaningful achievements and accomplishments and competencies you have. Own what you do know with certainty and show Imposter Syndrome just how smart you are.

### **“I Belong”**

Imposter Syndrome will never allow you to feel at home anywhere. You're never good enough in your relationship, job, or even in your own home. Confront those unwelcome thoughts that creep into your head. Tell Imposter Syndrome you're right where you want to be. Furthermore, you're right where you *deserve* to be. The more you embed that belief into your being, the less room that exists for Imposter Syndrome.

### **“I Am Amazing”**

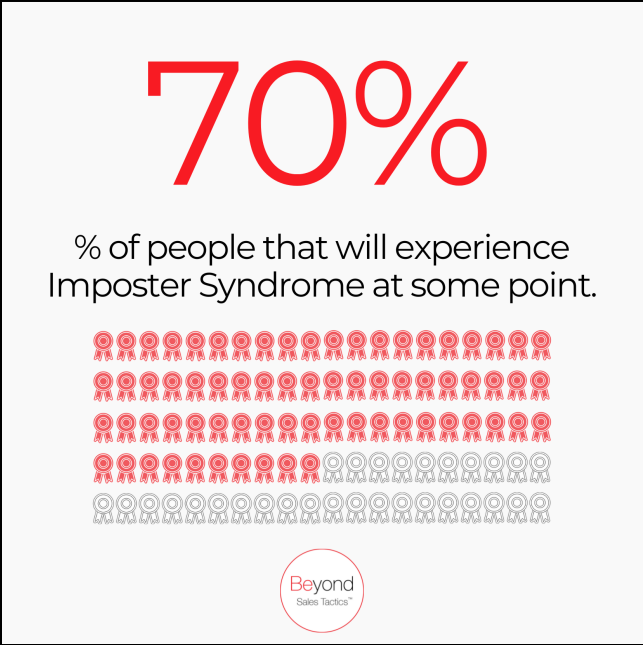
In the end, the only thing left to do is to embrace the funny, quirky, smart, silly, and exceptional person you are.

You are whole, resourceful and full of wisdom. The Imposter Syndrome has no business messing with someone as great as you. You've got better things to do than deal with a repetitive “Negative Nancy”!

# 6 Ways Others Can Help You with Your Imposter Syndrome

Think about social media for a minute. In today's world, we've already gotten used to sharing our thoughts with others. We post about our dinner plans and vacations. We discuss politics and religion. We even share hopes and dreams in a public venue for all the world to see.

With all this sharing, why is it so hard to talk to others about your Imposter Syndrome? Especially since more than 70% of people suffer from it at some point in their life.



Studies have shown that talking about Imposter Syndrome is one of the best ways to make it go away—talking back inwardly with yourself or outwardly with a trusted person. With this in mind, the next time you're feeling like an Imposter, try some of these various tips to help send it packing once again:

## 1. Talk About It

Recognize your feelings of frustration and failure for what they are. Say, “This is the Imposter Syndrome” out loud. The more you accept you’re having trouble, the easier it will be to acknowledge its presence and then choose to send it away. Now try telling someone else. It’s especially helpful to share this with a few trusted others as their feedback does help to validate your feelings and lift you again.

Bringing it out of your head, makes it possible to address it and eases its power grip. This sounds easy yet it takes diligent practice.

## **2. Take a Small Compliment**

Do you have a terrible time accepting compliments? This is a common symptom of the Imposter Syndrome that some high-achieving people experience. If this is the case, enlist a friend or trusted confidante to help you learn how to take compliments and praise appropriately. Ask them to give you a small compliment. Practice saying "Thank you" without minimizing, excusing, or otherwise brushing the compliment off. Think of it as politely accepting a gift!

Then try this way of responding with coworkers, your boss, and even strangers. If someone gives you a compliment on your recent project, an award, or a suggestion, offer a sincere thank you, pause to own it, and move forward. Yes, it will feel a little weird at first, and remember practice makes progress!

## **3. Write Down Compliments and Acknowledgements**

Now that your friend or trusted confidant has complimented you, write it down somewhere, so you retain the acknowledgement. This is going to be the start of your compliment file. From now on, whenever someone compliments you, thank them, and write it down so you can go back and read it over when you start feeling down and can use the boost.

## **4. Now Try Bragging**

Being able to recognize your accomplishments might be challenging especially when you are striving to strike a balance between being confident, not cocky and having a healthy quantity of humbleness. In this exercise, enlist a friend or trusted confidant to listen while you boast about something you've accomplished. Ask them to react naturally. Enjoy their celebration and congratulations.

## **5. Explore Mentorship**

Having someone you can talk to who's been where you are and gotten through it can be extremely helpful. Choose someone who understands your aspirations, needs, and goals. Bonus points if they've also had Imposter Syndrome and successfully defeated it.

## 6. Mentor Someone Else

Help to build your confidence through teaching others what you know. Since Imposter Syndrome hates confidence, the very act of feeling more secure in your knowledge, skills, and competencies will help knock down feelings of being a fake.

By incorporating others into your plan to defeat Imposter Syndrome, you're already ahead of the curve. It's always easier to change unhelpful behaviors and faulty thinking patterns when you have allies and a support team. Be sure to return the support or pass it on. It might be that they'll wind up calling on you someday for someone to lean on!



## 5 Ways to Overcome Imposter Syndrome at Work

How do you feel about work? More importantly, how do you feel about who *you* are at work?

When you suffer from moments of Imposter Syndrome, you might not like your work persona very much. You may tend to think you're in over your head, that you're faking it frequently. Worse, you suspect your boss and co-workers will discover what a fraud you are at any minute, which creates a world of anxiety and stress. Perhaps you repeatedly feel the need to prove that you are doing 'enough' work or doing 'enough *excellent*' work to maintain your level of success. Now is the time to consider "what got you here, may not take you there". You can grow and flourish without the draining self-doubt and exhausting expectations of yourself.

Sadly, none of these patterns are going to work.

If you truly want to overcome Imposter Syndrome at work once and for all, you may need a different strategy altogether. Experiment with these tips:

### 1. Acknowledge Where You Had It Right

Think back over every reward and bit of recognition you've ever received while working. Chances are you probably already discounted your accomplishments as not being worthwhile or more a result of a team effort than owning or isolating your contributions. Take a moment to speak one single truth: You had at least a part in every one of those accomplishments. This was YOU, not someone else. You earned this.

### 2. Shift the Focus

Instead of worrying about whether your accomplishments are good enough, consider how the work you're doing affects those around you. What value are you giving to the client or your coworkers? What is the impact of your work? If you concentrate on giving your best for others and notice your impact, Imposter Syndrome won't matter over time.

### 3. Accept You Screwed Up

Imposter Syndrome is going to remind you of every little mistake and big failure in your work life. When these crop up, why fight them? Realize you did and will make



mistakes. Now add to this thought. *Everyone* makes mistakes, no one is perfect. Most important MISTAKES ARE PART OF LEARNING.

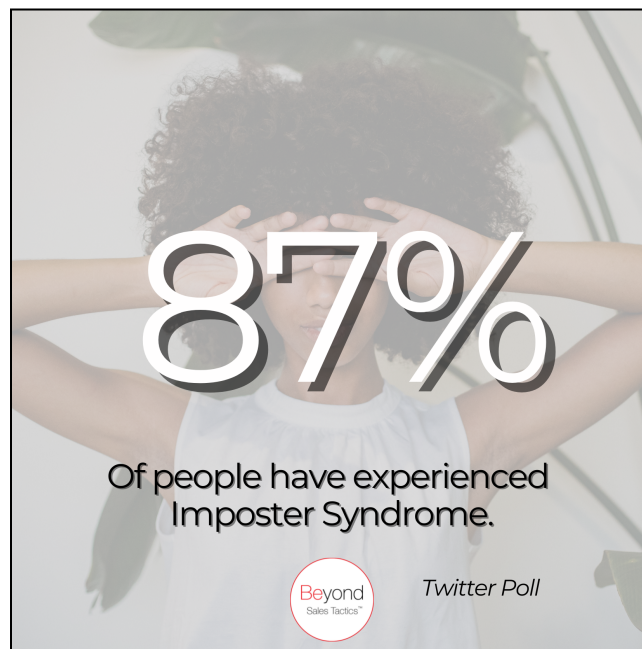
Consider what you learned from the experience of failing, embed those lessons then move on. LET IT GO is a useful mantra.

#### 4. Trust Your Boss

Think about this, someone had something in mind when they hired you. Chances are, there was more than one person in on this decision and more than one person applying for the position you hold. Did everyone mess up somehow? Not likely. It's more reasonable to assume they were right in thinking you were the ideal person for the job. Why are you second-guessing them?

#### 5. Look Around You

Consider your co-workers. Now consider this: at least 87% of them have experienced Imposter Syndrome.



This is normal. It's also something your boss, leaders, and peers might be navigating or have overcome. Talking to someone you respect about how you feel could lead to a breakthrough as they might have the guidance.

In the end, confront your fear and inner dialogue before it ruins your workday. By being conscious of what's going on, you can overcome Imposter Syndrome, especially at work.



## 5 Ways to Deal with Imposter Syndrome in Your Relationships

You found a great partner. Everything seems to be going great...until you start sabotaging the relationship.

This scenario sounds like the setup for a bad movie. Instead, what you're looking at is Imposter Syndrome. Imposter Syndrome is the little voice in your head which whispers you don't deserve happiness. You're a fraud whom no one can love anyway. The other person couldn't possibly love you. It's the ticking time bomb that, when it goes off, will make you bail from the relationship in a pre-emptive strike. After all, why wait around for the inevitable.

Why do we do this to ourselves? Or maybe the better question is how we can stop Imposter Syndrome from ruining a meaningful relationship?

### 1. Question Everything

Before you go another step, think about what you've got. Consider the relationship. Why did you fall in love with the other person? What are the dreams you had about being with them? Do you still feel this way? In short, are they someone worth fighting for? If not, end the unsatisfying relationship and pursue a more meaningful experience.

### 2. Get to the Root of Things

What triggers your Imposter Syndrome? Rather than falling prey to a downward spiral of negative thoughts, start playing detective like a sleuth.

- What are you really afraid of?
- Are you reacting to other relationships in your past?
- Is this your insecurity?
- If you can work through the root causes for the Imposter Syndrome, you'll stop Imposter Syndrome in its tracks over time.

Depending on the deep-rooted causes of the past, **if applicable**, seek a therapist to heal past traumas.

### **3. Forget the Comparisons**

Relationships die when you start to worry you're not doing what the other person does. There's no contest for which partner is the most considerate, the most romantic, or anything else. Be yourself (and allow them to be themselves too). And of course, avoid comparing your relationship to other peoples'. This is a sure road to disaster.

### **4. Address the Issues**

Sometimes Imposter Syndrome hits the nail on the head. Maybe you aren't very considerate of the other person. Or you're not very romantic. Instead of getting waylaid by these thoughts and allowing them to shut you down, pick out an area where you need improvement and start working on it. Allow yourself to be inspired by these growth opportunities. By starting small, you're more likely to have success.

### **5. Communicate**

Communication is one of the most important tools of all, so we saved it until the end. This way, effective communication becomes one of the top takeaways. One of the most crucial aspects in any relationship is communication. If you're feeling like an imposter, talk to your partner about what you're going through. Enlist them as an ally as you work through these limiting beliefs and feelings. Together you'll be the team that conquers Imposter Syndrome once and for all.

## 5 Mind Games Designed to Defeat Imposter Syndrome

Are you having trouble with Imposter Syndrome? If so, focus on how to get rid of these intrusive thoughts and feelings once and for all. The key? Make it a game to shift your mindset.

### 1. It Happens

The first point to realize is just how normal this is. A recent Twitter survey discovered 87% of people had experienced Imposter Syndrome at some point or another in their lives. 87%!

### 2. Recognize You Can't Know Everything

If your confidence is shaken by ignorance, it's time to recognize another, important truth: No one knows everything. It takes time to figure out a new experience. If you don't get something on the first try, it's not the end of the world. Sometimes we all need more knowledge, a class, a certification, more experience, or a healthy amount of practice before we're confident. Give yourself room to fail (and a big dose of grace) and accept it as part of the process.

### 3. Shift the Self-Talk

This is probably one of the most challenging aspects of taking back your personal power from Imposter Syndrome. Instead of repeatedly putting down your efforts or telling yourself you're an idiot (or insert your own negative label here), you might want to try something more positive for your inner dialogue. Try writing down all the negative things you're thinking and see if you can turn them into something positive instead. Sure, this takes a heavy awareness of what you're thinking, however it's crucial to take the time and effort to be more constructive in the words you say to yourself. Otherwise, defeating Imposter Syndrome is going to be tough.

### 4. Do You Think You Are?

Speaking of high aspirations, consider who you're comparing yourself to. Just because someone published a famous novel when they were a teenager doesn't make this the norm. Thinking you're not measuring up for not doing the same is also a disservice.



This is another place where intentionally replacing your self-talk is crucial to contentment. Remind yourself it doesn't matter what someone else did. Run the race with yourself. Better your best. Put blinders on and grow!

What matters is what you're doing right now.



## **5. Make Your Thoughts Your Own**

Finally, take back your thoughts. Whenever you have a negative, intrusive, unhelpful statement come up, call it out as if you're listening to someone else completely. Try saying it out loud, too. "Oh, look, Gertrude, the Grouch is back to tell me I'm wrong." Laughing is good medicine.

# Beyond Sales Tactics



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