

Exercise: Overcome Imposter Syndrome

1. Circle imposter syndrome symptoms that are most troubling to you.

- Having a sense of being a fraud
- Attributing your success to external factors
- Berating your performance
- An inability to realistically assess your competence and skills
- Sabotaging your own success
- Self-doubt and lack of self-confidence
- Fear that you won't live up to expectations
- Setting very challenging goals and feeling disappointed when you fall short
- Being overly sensitive to even constructive criticism
- Downplaying your own expertise, even in areas where you are genuinely more skilled than others

2. Reflect on Your Story

- What events or situations that trigger feelings of being an imposter?

- What are the key components of your story that feed your impostor syndrome?

3. Move from unhealthy rumination to positive self-reflection

Write down about a specific event in your history that triggered your imposter feelings.

- What emotions did you have during that event?

- After noticing your emotions, ask yourself “why” questions about them. For example, “I wonder *why* I was so triggered by the comment she made.”

- Plan out the action steps necessary for you to move forward and beyond this event.
