WHAT IS 'IMPOSTER SYNDROME'?

'Imposter syndrome' is the feeling that other people have an inflated perception of your abilities, that others think you are better than you think you are.

A fear that your 'true' (reduced) abilities will be found out and thinking that your successes are due to luck or disproportionate effort. 'Imposter Syndrome' is not a medical or clinical condition.
We all have an inner voice describing and commenting on every action and interaction but sometimes this voice becomes a critic who shouts louder than any voices of reason.

This inner critic contributes to feelings of 'imposter syndrome' and to overcome these feelings, it's important to hear when the inner critic is speaking so that you can catch those thoughts before they begin to affect you.

"They thought you were annoying"

"You'll never finish this assignment"

"They're smarter than you"

"What you said earlier was stupid"
TIPS TO OVERCOME 'IMPOSTER SYNDROME'
1) Think about the statements your critic is making, is it fact or fiction?

2) Recognise when your brain is catastrophising and telling you lies, filter them out and replace them with truths.

Fact or Fiction?

"Everyone hates me"

"I'll never get a job"

These statements are NOT fact!

Eventually, I will get a job!
What you're thinking

Everyone is thinking about how I just fumbled on my words...
It's so cold in here!
I can't wait for lunch...
I hope no one heard my stomach rumbling...

VS

What everyone else is thinking

PG TIPS
The Spotlight isn't always on you. We often tend to think that everyone is passing
Sometimes, you can't argue with the inner critic

Say to it: Thank you for your input, but I'm going to feel/think/do this instead
TODAY, WILL BE FORGOTTEN ABOUT TOMORROW

Will it matter in 5 minutes? 5 hours? 5 days? 5 weeks? 5 months? 5 years?

Will others even remember it by then?
Reaching your potential

If you continue to listen to your inner critic, it will stop you from reaching your potential!

- Write down a list of your qualities and skills - the things that are TRUE

- Ask your family members or friends to write down what they think your qualities and skills are

- Keep this safe and when your inner critic starts to talk to you again, you can recognise the truth from the lies

PG TIPS ☕️
THINK ABOUT WHAT 'IMPOSTER SYNDROME' HAS HAD ON YOUR PAST
Do you feel like you don't belong?

Do you often overthink situations?

Has it prevented you from doing something e.g. applying for a job?
IMPOSTER SYNDROME

REMEMBER:

• YOU ARE TALENTED
• YOU ARE CAPABLE
• YOU ARE ENOUGH
• YOU BELONG