

Managing Imposter Syndrome Strategies

So many people suffer with imposter syndrome in silence, or perhaps don't even know that the term applies to them. If you have feared being found out, explained away any success, and felt you weren't good enough, try these practical tips designed to help lessen the imposter feeling

Talk to yourself as you would a friend

When you tell yourself negative things, then you begin to believe that voice in your head. Challenge it. Treat yourself with compassion and ask yourself would I be saying this to a friend. If the answer is no, then reframe and write down positive reasons that you may have been successful.

Be present

Whenever that imposter feeling rears its ugly head remember to be present in the moment and let the fear and negative feelings pass through you. The more you try and fight against them the stronger they will feel. Remember that no situation is permanent and this too shall pass. Keep breathing and I promise it will pass.

Positive Affirmations

If you are feeling like an imposter, it may be necessary to work on your self esteem so you can embrace all of your positive attributes. Neuroscience suggests that writing positive affirmations every day can lower stress and prevent rumination. Positive affirmations are statements that help chase away negative thoughts. For example writing I am great at building rapport with others. If this exercise makes you cringe it shows that this is an area you need to work on to beat that imposter feeling

Practice Gratitude

The science of practicing gratitude is endless. Thinking of a few small gratitudes every day has been shown to improve positive emotions, sleep and even your immune system.

Rewire your brain away from the negative imposter feeling and write down positive things each day that happen to you.

Failure = a chance to grow

Perfectionism is often linked to imposter syndrome and to a perfectionist failure is like the end of the world. However you may need to change your definition of what failure actually is (would your friends, family, colleagues consider this failure?) You should also consider that actually failure can give you a chance to grow in a way that success doesn't. The old saying nothing grows in your comfort zone is, I believe, true. The times I felt that I have failed in life have lead me directly on the path for some of my greatest successes. Reframe the idea of failure being bad.