

# IMPOSTER SYNDROME

Imposter Syndrome - doubting your skills, talents or accomplishments - stops many creatives from occupying spaces they deserve to be in. People who suffer from Imposter Syndrome are generally fearful of being outed as a 'fraud' (despite being highly accomplished). If you suffer from these kinds of limiting thoughts, it might be helpful for you to try rewriting them. Try coming up with some alternative phrases for the ones listed below that celebrate your innate worth.

## Example

I'm not good enough

*I'm always enough. Fear doesn't change that.*

I don't belong in that meeting/  
on that stage/at that interview

My success won't last

No one wants to hear what I  
have to say

My work isn't good enough  
to share

Everything has been done  
already

I can't charge someone for this

I just got lucky

Why me?

Next, look at the below list of actions and think about the last time you did them. Keep it handy this week and tick a face next to the relevant phrase each time you find yourself doing it. Keep tracking it and calling yourself out until you have a tick-free week!

### **Week commencing:**

I took constructive criticism personally

I brushed off a compliment

I set a very high standard and beat myself up when it wasn't met

I attributed my success to luck

I didn't express my opinion when I felt compelled to

I refused to take credit for my work because I received some assistance

I downplayed an achievement

I felt ashamed when I didn't know something/  
wasn't able to do something