

Imposter Syndrome: What are the signs and how to address it?

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Outline

- What is Imposter Syndrome?
- Why do I have Imposter Syndrome?
- What may I experience?
- How can I overcome Imposter Syndrome?



What is Imposter Syndrome?

- Feelings of inauthenticity and fear of being found out as a fake.
 - Question success
 - Self-doubt abilities
 - Fear of making mistakes
 - Struggle to meet expectations



Why do I have Imposter Syndrome?

- Depression or anxiety
- Personal traits (e.g., perfectionism, self-criticism, high-achieving)
- External Pressure (e.g., family, school, society)
- Members of Minority groups
 - First-generation
 - BIPOC
 - Low-income communities
 - Systemically stigmatized groups



What may I experience?

Psychological

- Frustrated with missing goals
- Uneased of being imperfect
- Lack of self-confidence
- Afraid of failures or disappointing others

Cognitive

- Self-doubt and concentrate on mistakes
- Consider success due to external factors
- Believe bright people do not need support

Behavioral

- Deny compliments/ praise
- Overwork to stand out
- Rely on recognitions/ opinions
- Compare with peers
- Remain silent with different perspectives
- Shape oneself to win approval

How can I overcome Imposter Syndrome?

- Make a list of your strengths
- Keep a record of positive feedback
- Be compassionate to yourself
- Pay attention to your self-talk
- Develop your competencies



How can I overcome Imposter Syndrome? (continued)

- Realizing it is okay to be fearful
- Accept that perfection is unrealistic and costly
- Change unhelpful automatic behaviors/ thoughts
- Seek support
 - Share your experiences with a close friend
 - Discuss your feelings with a trusted mentor
 - Reach out to professionals



References

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Thank you!

