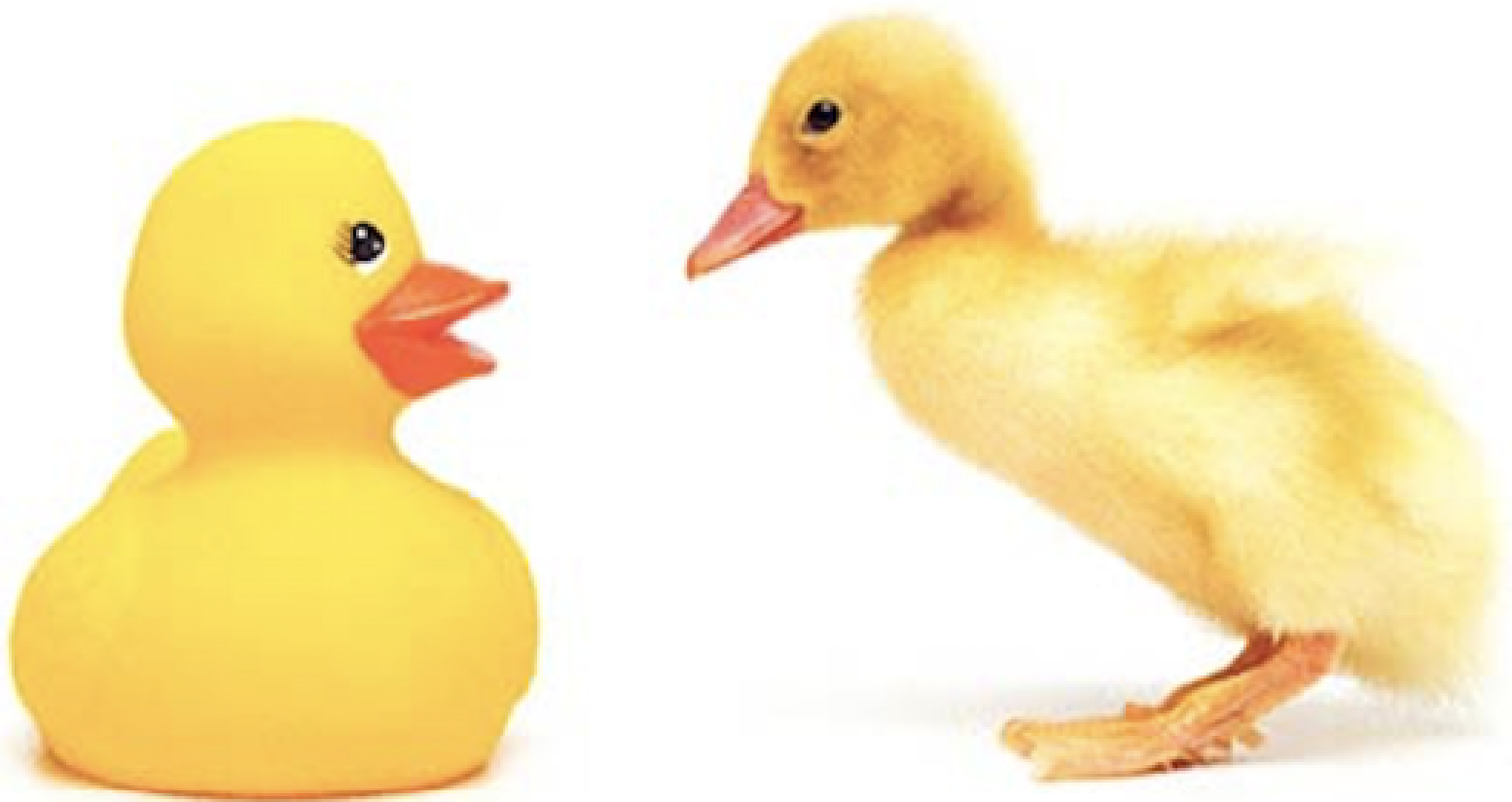


OVERCOME IMPOSTOR SYNDROME



Helène T. Stelian
COACHING

Is this YOU?

When you look at your successes in life, do you ever...

- Assume you got lucky
- Think there's been a mistake
- Believe you're fooling everyone
- Discount praise
- Live in fear of being found out

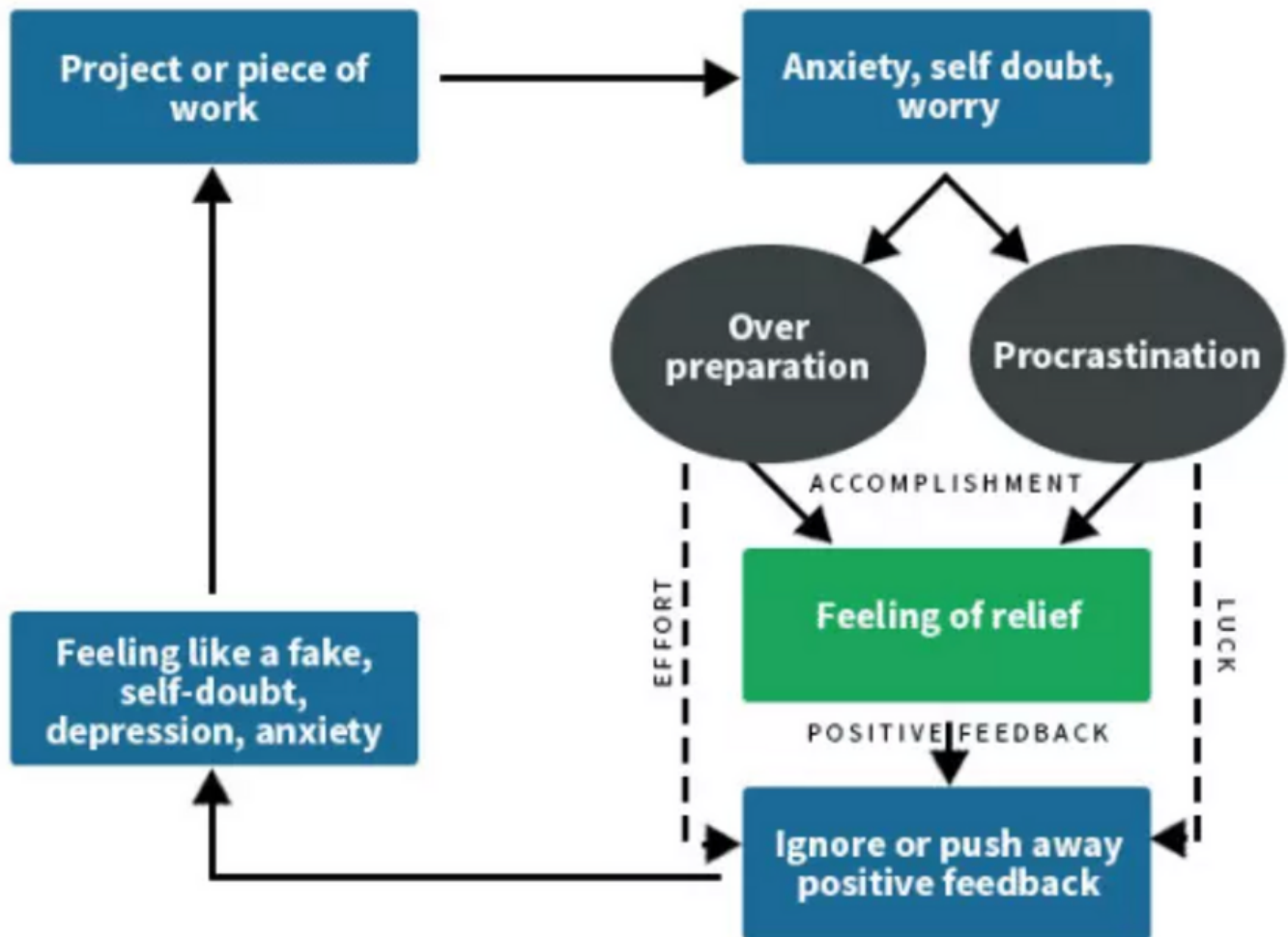
You may suffer from **Impostor Syndrome:**

The fear that we will be exposed as a fraud, stemming from our internalized belief that we are not as competent as others perceive us to be—a belief that persists despite our accomplishments.

When we suffer from Impostor Syndrome, we often...



Clance and Imes' Cycle of Impostor Syndrome:



Who has Impostor Syndrome?

As a result of Impostor Syndrome,
we may...

MODULE 1 ASSIGNMENTS:



Take the test!

Learn just how much you suffer from Impostor Syndrome.

Click here to take the test:

<https://www.paulineroseclance.com/pdf/IPTestandscoreing.pdf>



Make a list!

Look back on your life and list all the times you have felt like an impostor. How did these feelings negatively affect you?

Use the space on the next page to make your list and add your notes.

Times I've felt like an impostor and how it impacted me...

5 Sub-Types of Impostor Syndrome:

1. The Perfectionist

- Do you work harder and longer than others in your position or situation?
- Do you take on more responsibilities even when your plate is already full?
- Do you feel stressed out when you're NOT accomplishing and find it hard to get downtime?
- Do you push yourself to do more and more, no matter the toll it may take on your personal life?

2. The Superwoman

- Do you work harder and longer than others in your position or situation?
- Do you take on more responsibilities even when your plate is already full?
- Do you feel stressed out when you're NOT accomplishing and find it hard to get downtime?
- Do you push yourself to do more and more, no matter the toll it may take on your personal life?

3. The Natural Genius

- Are you used to excelling without much effort?
- If you don't get it right the first time, do you feel ashamed?
- Do you give up on things that don't come easily to you?
- Do you avoid challenges for fear of failure?

4. The Expert

- Are you always seeking more training and certifications in order to feel qualified?
- Do you think you need to know everything about a task before you do it?
- Do you discount others' view of you as an expert?
- Do you refrain from asking questions for fear this will showcase what you DON'T know?

5. The Soloist

- Do you feel that to count as a success, you have to get it done on your own?
- Do you refuse help from others?
- Do you believe others will not get it done as well as you?
- Does asking for help feel like a failure?

MODULE 2 ASSIGNMENT:

Identify Your Sub-Type(s):



Which Sub-Type of Impostor Syndrome do you recognize in yourself? It could be one or maybe more than one. Take a look at the questions in the previous two pages to help you clarify how your fraud feelings show up most often.

My sub-type(s):

MODULE 3: 3 TRUTHS



Truth 1:

Truth 2:

Truth 3:

MODULE 3 ASSIGNMENTS:

1. Document your accomplishments



First, make a list of all your achievements, skills, and strengths. Don't forget challenges you've overcome. Use the next page in this guide to start your list.

Next, write about how your successes are due to YOUR efforts and abilities. Spend some time getting very clear on how your actions, talents, and choices led to your successes. Give yourself the credit you deserve!

Moving forward, I want you to keep a file (paper or digital) of positive feedback, thank you notes, praise, etc. This is a great place to revisit when you're feeling uncertain about yourself.

Some past participants have shared that they record a video or audio of themselves after a success. So when they're tempted to look back on their achievement and minimize it, they can go back and hear the pride and joy they felt in the moment.

Once you have your list, whenever your fraud feelings show up, you'll have some reminders of your value and can give yourself the recognition you deserve.

My achievements, skills, strengths—
plus challenges I've overcome:

2. Catch yourself putting others on pedestals



Do you look around at your friends, family, colleagues, neighbors, or other people in your life and think they seem to have it all together? Do you look at social media posts depicting "perfect" families and impressive accomplishments and play the comparison game? Have you ever gotten to know one of these seemingly perfect people or families only to discover they are just as human and fallible, dysfunctional and struggling as the rest of us?

For this assignment, I want you to become aware of the assumptions you're making about the people in your life, and rethink them so you can recognize that we all have our challenges and nobody is perfect. Write about this on the next page.

The people I put on pedestals and the reality about them:

3. Consider if you're using more achievement as a way to cope with Impostor Syndrome—and slow down!



Remember: The solution to Impostor Syndrome is NOT more achievement.

It's tempting to think: Let me just do more, be more, rack up more successes, THEN I won't feel like a fraud anymore. Unfortunately, that's not how this works. If you're prone to Impostor Syndrome, achieving more will not make those fraud feelings go away.

If you've been thinking this way, it's time to press pause and re-evaluate just how much pressure you've been putting on yourself to accomplish more and more. Then see what you can take off your plate, right now, to allow more rest and relaxation, laughter and joy into your life.

How I'm using achievement as a coping tool and what I can let go of—plus how I can bring more rest and joy into my life:

Step 1: Name your fraud talk

Distorted thinking of the 5 Sub-Types:

Perfectionist →

Superwoman →

Natural Genius →

Expert →

Soloist →



There's my fraud talk!

Step 2: Challenge your fraud talk

When you think:

Reframe it!

I can't make a mistake →

I have to do more →

It should be easy →

I have to know it all →

I must do it alone →

Step 3: Put your new message into action

- ✓ Accept compliments
- ✓ Get out of your comfort zone
- ✓ Ask for help
- ✓ Reframe mistake
- ✓ Say: "I don't know"
- ✓ Expose Impostor Syndrome
- ✓ Lift others up

MODULE 4 ASSIGNMENTS:

1. Get clear on what you tell yourself when you feel like a fraud



What does that voice inside you say when Impostor Syndrome shows up? Is it one of the messages we've discussed (see p. 20)? Or is it something else?

It's important that you recognize your fraud talk in order to become aware, right in that moment, when it shows up.

My fraud talk tells me:

2. Choose more empowering self-talk



What can you respond when you hear your fraud talk? How can you change the narrative and lean into self-compassion? Is it one of the reframed messages we've discussed (see p. 21)? Or what feels right for you?

Take a moment right now to write a new empowering statement to respond to one of your not-good-enough fraud thoughts.

Make sure to put each as an I statement so you can feel you're really owning it. And put the statement in the present tense. This is meant to be true right now, not an aspiration for the future. It'll be much more empowering this way.

My more empowering response:

3. Practice the 3-step process



1. NAME IT: Recognize the voice of Impostor Syndrome and acknowledge it: There's my fraud talk! or That's my impostor voice!
2. CHALLENGE IT: Use the new more empowering response you came up on the previous page.
3. TAKE ACTION: Prove to yourself that you are bigger than the fraud talk by taking small risks and acting in the face of your fears. See page 22 for ideas. Write below the first actions you're ready to take.

My first action steps:

Resources...

Impostor Test:

<https://www.paulineroseclance.com/pdf/IPTestandscore.pdf>

Books:

The Secret Thoughts of Successful Women by Valerie Young

The Impostor Phenomenon by Pauline Rose Clance

Imposter Syndrome Remedy by Emeé Vida Estacio

Overcoming The Impostor by Kris Kelso

The Empress Has No Clothes by Joyce M. Roché

WANT TO CONTINUE ON YOUR PERSONAL GROWTH JOURNEY?

Check out the FREE courses and videos in my YouTube channel and be sure to subscribe so you're notified when new FREE courses are made available.

[Go to YouTube](#) and click the subscribe button.



Here's to banishing that fraud talk and embracing your gifts and humanity!

Hugs,

Helene