



IMPOSTER SYNDROME

Have you ever felt a feeling of not belonging, even when you earned that spot at your school or worked your way up in your career? This might be imposter syndrome. Imposter syndrome refers to the phenomenon when an individual internalizes their accomplishments, due to fear of being exposed as a “fraud.”

PREVALENCE OF IMPOSTER SYNDROME

While feelings of unworthiness can happen to anyone, anywhere, imposter syndrome is especially prevalent in the workplace. People feel like they’ll soon get in trouble for being in a role that they rightfully earned through a rigorous interview or competitive application process. They might even think, “I don’t deserve this good fortune! My boss must have made a mistake, hiring me.”

Imposter syndrome isn’t limited to professional life, though. It can impact personal life in hard-hitting ways. This includes feeling inadequate in a relationship or as a partner, which could become a prolonged conflict in the relationship. It might also look like the incapacity to accept personal praise or going overboard on challenging, often ambitious, goals.

SYMPTOMS OF IMPOSTER SYNDROME

Symptoms of imposter syndrome can look different for different people, though there are some consistent and tell-tale red flags. Symptoms might include:

- Extreme lack of self confidence
- Feelings of inadequacy
- Constant comparison to other people
- Anxiety
- Self doubt
- Distrust in one’s own intuition and capabilities
- Negative self-talk
- Dwelling on the past
- Irrational fears of the future

In professional settings, typical examples include:

- Taking on extra work to make sure you’re “doing it all”
- Shrugging off accolades
- Not applying to job postings unless you meet every single requirement

HOW TO OVERCOME IMPOSTER SYNDROME

Here are some small steps you can take to identify and overcome your unique imposter syndrome patterns:

- Remember that success is subjective
- Set boundaries around systems or individuals who detract from your personal wellness and growth
- Take ownership of objective successes
- Perform consistent self-care check ins
- Speak with a therapist