

# Overcoming Imposter Syndrome Feelings minicourse

**Imposter Syndrome:** not believing my achievements are due to my ability  
a persistent fear of "being found out"  
struggling to believe I'm good enough at what I do

## Module 3: Solutions for self-sabotage

People with Imposter feelings often have very disempowering interpretations of their past experiences.

Write a more positive version of your life experiences:

We have often learned to behave in ways that keep us safe, make people happy or fulfil the expectations of others. Brené Brown describes the way we "hustle for worthiness" when we fear we're not good enough, she says we put on armour. For example:

- I work really, really hard so they might not notice...
- I criticise myself up before others get the chance...
- I drown my feelings by working longer and harder, comfort eating, drinking or watching social media/TV.

For the next few days and weeks simply notice:

- What happened? (Maybe you were asked a question, offered an opportunity)
- What did you do? (Became defensive, said no quickly)
- What did you feel/think? (I should've been prepared, wish I'd been brave...)

What implementation intentions would your "best self" want?

The messages of your Inner Critic feel personal but are not necessarily accurate. They do highlight the values that are important to you.

What do the messages of your Inner Critic tell you about the things that you value?