

FAQ #1 I worry that I have imposter syndrome, what can I do to address this worry?



**1. Start with a reality check:** Where does this imposter syndrome idea originate in your brain—reason, emotion or wisdom?

What data supports the thought that you are, indeed, an imposter? Your data should include the certifications, degrees or recommendations that you obtained through cheating, forgery, bribery and falsification that allowed you to reach your current status. If you are actually an imposter, then you do not have a syndrome.

**2. Notice which imposter syndrome thoughts stem from distorted thinking.** Imposter syndrome, by definition, is a “distorted” thought.

**3. What do you believe is the “normal”** amount of doubt, anxiety or uncertainty that someone in a position similar to yours would have? What data supports your belief about “normal”?

**4. Have you openly discussed your doubts,** fears and insecurities with peers, supervisors, teachers or mentors?

If yes, what have you learned? Do you need an action plan to improve skills?

If you have not discussed your doubts and concerns, do so now. Obtain feedback from people you trust and respect to determine if your “imposter” concerns are valid, shared by others or are stories you have made up in your head.

**5. Check out the Self-esteem section of the website.** Specifically: watch all the videos and Complete all 12 tools in the self-esteem tool kit. The 12 tools in the kit will challenge your distorted negative thinking and invite you to view yourself more compassionately and accurately.

**6. Complete the anxiety tool: Transform imposter syndrome worry into wisdom.** If you discover that your imposter syndrome is actually anxiety, or obsessive, negative thoughts then you will also want to complete all of the [tools and videos on the anxiety and depression pages](#), as well as the [stress pages](#).

**7. Discuss these ideas and tools with the provider of your choice.** If you are motivated to view yourself differently, you will re-write your worry story into a warrior victory.