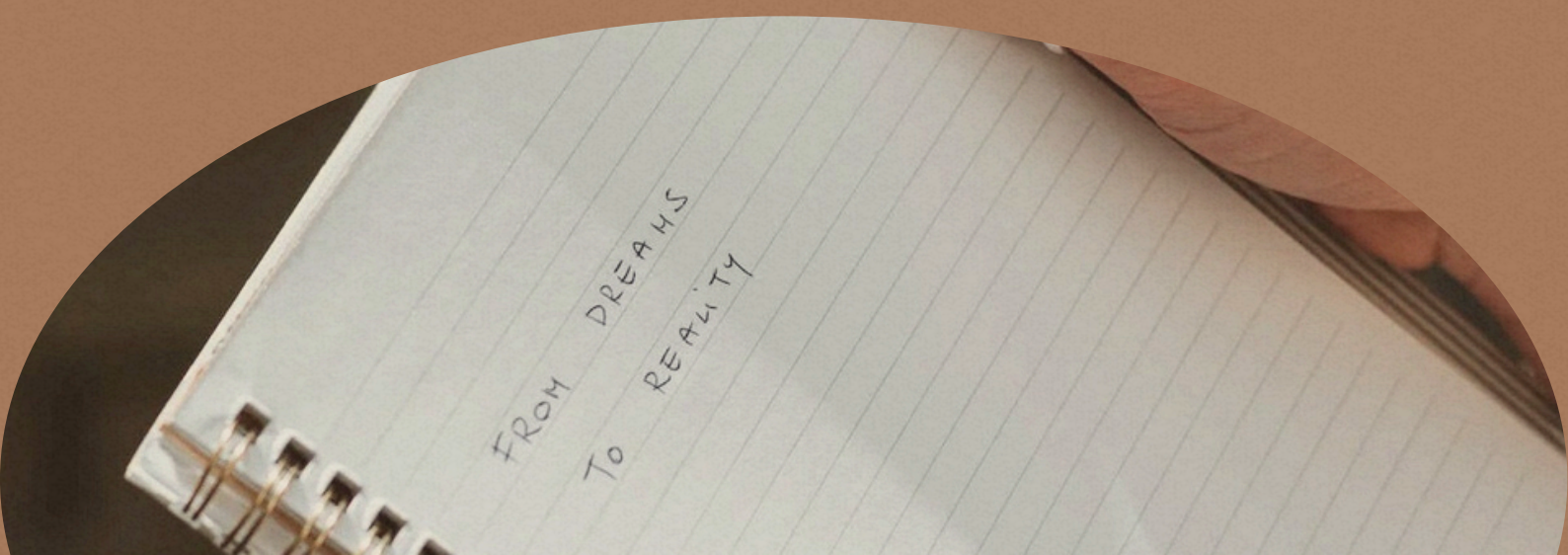




GOOD
VIBES,
GOOD

3 PRACTICAL WAYS TO DEAL WITH IMPOSTER SYNDROME

TERESA PROTÁSIO



FROM DREAMS
TO REALITY

HOW TO STEP BY STEP:

1

IDENTIFY AND EMBRACE.

INSTEAD OF AVOIDING UNPLEASANT IMPOSTER THOUGHTS AND FEELINGS, EMBRACE THEM WITH CURIOSITY AND TRY TO UNDERSTAND THESE THOUGHTS AND FEELINGS. LABEL THE THOUGHTS AND FEELINGS YOU ARE HAVING.

- "I'M IN OVER MY HEAD."
- "I'M AN IMPOSTER."

THIS LEAVES US FEELING ANXIOUS, PANICKED, AND ALL OTHER UNHELPFUL FEELINGS.

WRITE DOWN WHAT OTHER I STATEMENTS YOU ARE TELLING YOURSELF ABOUT THE SITUATION.



HOW TO STEP BY STEP:



2

MINDFULLY OBSERVE YOUR THOUGHTS.

WHEN TOLERABLE, SIT INTENTIONALLY WITH YOUR IMPOSTER FEELINGS. IT SEEMS COUNTERINTUITIVE, BUT THE MORE WE ARE EXPOSED TO A FEARED OBJECT, THE LESS SCARY IT BECOMES. AS YOU SIT WITH THESE MOTIONS AND THOUGHTS, THEY WILL BECOME MORE TOLERABLE, AND ASK YOURSELF:

- ✓ IS THERE ANOTHER WAY TO LOOK AT THIS SITUATION?
- ✓ IS THIS THOUGHT A FACT, OR IS IT AN OPINION?
- ✓ IF YOU PRESENTED THIS IN COURT, WOULD THIS HOLD UP? - SILLY THOUGHT, I KNOW.
- ✓ IS THIS "HARD" EVIDENCE OR ACTUALLY "SOFT" EVIDENCE?
- ✓ HAS THERE EVER BEEN ANY TIME WHERE THIS THOUGHT WASN'T TRUE? WHEN?
- ✓ DO YOU THINK OTHER PEOPLE WOULD SEE THE SITUATION THIS WAY?
- ✓ WHAT WOULD ANYONE STANDING OUTSIDE OF THE SITUATION SAY? HOW WOULD THEY LOOK AT IT?
- ✓ IF A FRIEND WAS IN THE SAME SITUATION, WHAT WOULD YOU SAY TO HIM/HER?
- ✓ HOW WOULD ANY PERSON IN THAT SAME SITUATION BE EXPECTED TO RESPOND?

IF THE THOUGHT IS RELATED TO SOMETHING THAT HAPPENED IN THE PAST, ASK YOURSELF:

- ✓ WHAT IS DIFFERENT ABOUT YOU NOW VERSUS BACK THEN?
- ✓ WHAT WAS GOING ON IN YOUR LIFE BACK WHEN THE SITUATION HAPPENED?

HOW TO STEP BY STEP:

3

NEGOTIATE WITH YOURSELF.

WHEN THE IMPOSTER THOUGHTS FEEL MORE MANAGEABLE AND LESS OVERWHELMING, IT BECOMES EASIER TO NEGOTIATE WITH THEM. THIS STEP ASKS YOU TO QUESTION NEGATIVE ASSUMPTIONS AND BECOME A PRIVATE INVESTIGATOR INTO YOUR THOUGHTS. YOU ALREADY ANSWERED THE QUESTIONS ABOVE. YOU MIGHT EVEN HAVE FOUND THAT YOU THINK IT IS SILLY THAT YOU ARE THINKING YOU ARE AN IMPOSTOR. THEN LOOK AT YOURSELF, AND YOU CAN SAY ANYTHING WITH SELF-COMPASSION, LIKE, "I MIGHT NOT BE THE MOST EXPERIENCED AT MY POSITION, BUT I AM LEARNING, AND I KNOW I CAN LEARN."

CAN YOU SWAP HARD STATEMENTS FOR:

- I CAN LEARN
- I AM LEARNING
- MY WORTH IS NOT BASED ON OTHER'S OPINIONS, INCOME, PRAISE
- I AM TRYING MY BEST, AND THAT IS ENOUGH
- I AM DOING ENOUGH



TERESA PROTÁSIO

WHO DETERMINES IF YOU
ARE AN IMPOSTOR?

ONLY YOU!

