



COUNSELING CENTER

Imposter Syndrome

Imposter Syndrome is a phenomenon which describes high-achieving individuals who, despite their objective successes, fail to internalize their accomplishments and have persistent self-doubt and fear of being exposed as a fraud or impostor.

Signs and Symptoms:

- Feeling like you are a fraud or fake
- Worried others might uncover the "real" truth about you
- Difficulty accepting positive feedback and praise from others
- Blame self when things go wrong
- Attribute success to external factors such as, luck, right place right time, not a big deal, etc.
- Difficulty accepting constructive criticism
- Difficulty in assessing competence and skills
- Excessive stress
- Fear of failure
- Performance anxiety
- Self-doubt
- Overachieving
- Self-sabotaging own success
- Setting very challenging goals and feeling disappointed when you fall short
- Feelings of shame

Quick coping tips/strategies:

- Talk with a trusted friend about these feelings you are experiencing
- Be your own coach and use encouraging words to give yourself a pep talk when doubting yourself
- Check your expectations you put on yourself.
 - Are these expectations realistic, achievable, and measurable?
- Focus on improving your competence, rather than proving your competence
- Save emails/notes that show positive feedback to keep a log of your skills and achievements you can look back on when doubting yourself and your abilities
- Remember that in order to learn, you will fail. Define what "failure" means to you.
 - What can this failure teach you in order to improve for next time?

To learn more, attend the Imposter Syndrome Wellness Workshop