



Overcoming Imposter Syndrome and Your Inner Saboteur

Imposter syndrome is characterised by an internal experience of believing you are not as competent as others may think you are, and can become an unhelpful source of self-sabotage, where you can routinely start doubting yourself and your capabilities. People are often unable to experience the feelings associated with success. Ultimately, this can leave you feeling increasingly more anxious and depressed. Often imposter syndrome is attributed to perfectionism, and never being satisfied with achievements, with an over-focus on mistakes and failures. Below are some suggestions to help overcome that inner saboteur.

Get in touch with your feelings and acknowledge them

This really is the starting point in trying to overcome imposter syndrome through starting to uncover and understand the feelings of self-doubt and inadequacy and where they may come from.

Reach out to talk to others

Talking to others can put your feelings and thoughts into perspective and offer an alternative view that may be helpful. Talking to others who you can trust can also validate that imposter syndrome is experienced by many. We all have the capacity to self-doubt. Even very confident people can doubt their abilities and capabilities.

Gratitude

Being grateful for your accomplishments and allowing yourself to truly appreciate your positive achievements is important in overcoming imposter syndrome. When someone offers you a compliment, rather than dismiss it, reflect on it, as compliments can help when anxiety shows up.

Kindness

We all make mistakes and we are entitled to make mistakes as part of our development and growth. Be kind and compassionate to yourself when you do make little mistakes.

Write it down

When being plagued with unhelpful thoughts, write them down. This can help in articulating them, and analysing them to decipher where they are coming from and whether, in fact, they are helpful. There can be something symbolic about writing something down and then throwing it away if it is not serving your life well and is holding you back.