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Do you know what  
***imposter syndrome*** is?

# Who gets imposter syndrome?

“Those with imposter syndrome are often **well accomplished**; they may hold high office or have numerous academic degrees.”

“**Personality traits** largely drive imposter syndrome: Those who experience it struggle with self-efficacy, perfectionism, and neuroticism. **Competitive environments** can also lay the groundwork. For example, many people who go on to develop feelings of (imposter syndrome) face intense pressure about academic achievement from their parents in childhood.”

Source: PsychologyToday

# How can you overcome imposter syndrome?

- Changing a person's mindset about their own abilities – since imposters feel like they do not belong, acknowledging one's own successes is important.
- Focusing on one's self rather than comparing your achievements or progress with others.
- Accepting the fact that you will make mistakes and not every task can be formed to a flawless degree, and so instead of focusing on said mistake, instead choose to learn from it and move on.

Source: PsychologyToday

# How can you overcome imposter syndrome?

- Take time for yourself! Imposters often place this intense pressure on themselves, believing that relenting would result in a lower standard of work. Instead, take care of your needs (whether they be mental, physical or spiritual) to prevent burn out.
- Try sharing your feelings with your loved ones. This can help to rationalise them so that you can more easily get to the root of your problems.

Source: PsychologyToday

# Can you be diagnosed with imposter syndrome?

According to PsychologyToday, “**No**, imposter syndrome is not an official psychiatric diagnosis in the DSM. People with imposter syndrome may struggle with other mental health conditions, such as **anxiety** or **depression**, but an individual couldn’t be diagnosed as having imposter syndrome.”

Source: PsychologyToday

# come join our imposter syndrome workshop

scan the QR code!



OR go to the following link:

<https://forms.gle/JZAi1qqkk9qg7YERA>

# Sources

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# What is imposter syndrome ?

Imposter syndrome is the feeling someone has where they believe that they are undeserving of their achievements and dismiss any praise they receive as a result of this. Such people feel they are not as smart, capable or successful as others may think. This is coupled with the fear that people will discover the truth about them– that they are, rather, an imposter.

Source: PsychologyToday