

# Neutralizing Imposter Syndrome

## 1. DESCRIBE THE SITUATION.

First, briefly describe what led to the imposter syndrome. What was happening? Where were you? When was it? Who was involved?

## 2. WRITE THE NEGATIVE THOUGHTS BEHIND YOUR IMPOSTER SYNDROME.

Don't worry about grammar, punctuation, or phrasing things perfectly, but keep it to one thought at a time. Even if you don't know exactly what you're thinking at the time, write down, "I don't know for sure what I'm thinking, but I wonder if it has something to do with \_\_\_\_\_."

## 3. LIST SUPPORTING EVIDENCE AS TO WHY THE THOUGHT MIGHT BE TRUE.

Stick with verifiable data, not opinions and interpretations. Opinions sound like, "I'm a horrible writer," whereas a fact sounds like, "I made a typo in the email."

## 4. LIST NON-SUPPORTING EVIDENCE.

Are there experiences (no matter how minor) that contradict this thought or indicate it's not completely true all of the time? For example, if you accuse yourself of "always procrastinating," think of instances where you worked hard, put in effort, or spent a lot of time on or felt passionate about a project.

## 5. HIGHLIGHT THE CONSEQUENCES.

What are the short-term and long-term costs, if you continue to think like this? If you don't change this belief, what will the impact be one, five, or ten years from now? Consider the physical, psychological, and professional downsides.

## 6. CREATE A MORE BALANCED THOUGHT.

Aim for statements that are a pivot towards neutral and rooted in reality so that your mind can get on board. The more uplifting and encouraging, the better. Use these questions to help you:

- How might someone who is confident respond?
- How would I advise my best friend to approach this?
- What can I tell myself to reassure my inner critic that I've got this?
- What thought helps me feel energized and powerful?
- What would I believe if I knew everything was going to work out?

## 7. NOTE DOWN THE OTHER OBSERVATIONS.

This may include themes or patterns you picked up on as well as how you're more balanced thought makes you feel. It's likely you'll feel relieved, steady, or more confident. You may not go from fearful to elated in one sitting, but going from frustrated to at ease can be a big breakthrough.

DATE:

SITUATION:

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NEGATIVE THOUGHT:

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SUPPORTING EVIDENCE:

NON-SUPPORTING EVIDENCE:

CONSEQUENCES:

MORE BALANCED THOUGHT:

COMMENTS AND OTHER OBSERVATIONS