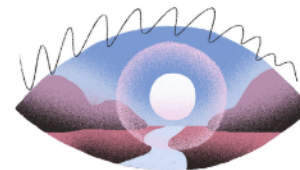


## ***WHAT IS 'IMPOSTER SYDNROME'?***

'Imposter syndrome' is the feeling that other people have an inflated perception of your abilities, that others think you are better than you think you are.

A fear that your 'true' (reduced) abilities will be found out and thinking that your successes are due to luck or disproportionate effort. 'Imposter Syndrome' is not a medical or clinical condition.



We all have an inner voice describing and commenting on every action and interaction but sometimes this voice becomes a critic who shouts louder than any voices of reason.

This inner critic contributes to feelings of 'imposter syndrome' and to overcome these feelings, it's important to hear when the inner critic is speaking so that you can catch those thoughts before they begin to affect you.

"They thought you were annoying"

"You'll never finish this assignment"



"They're smarter than you"

"What you said earlier was stupid"



# TIPS TO OVERCOME 'IMPOSTER SYNDROME'

PG TIPS



# FACT OR FICTION?

---

1) Think about the statements your critic is making, is it fact or fiction?



"Everyone hates me"



"I'll never get a job"



These statements are NOT fact!

2) Recognise when your brain is catastrophising and telling you lies, filter them out and replace them with truths



"I'll never get a job"

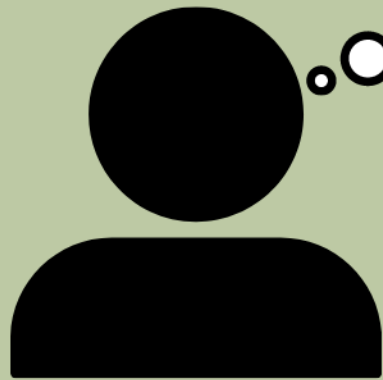


Eventually,  
I will get a job!

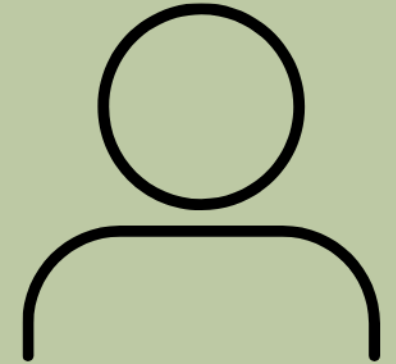
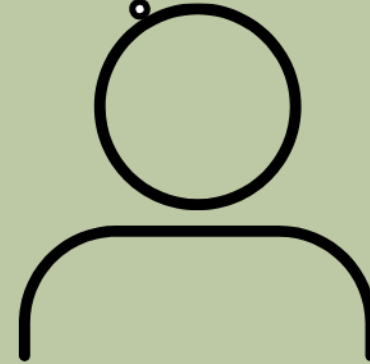
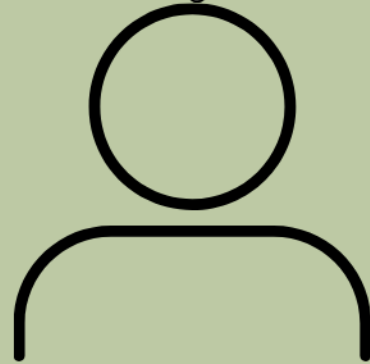
**PG TIPS**



## What you're thinking



VS



What everyone else is thinking



**PG TIPS** 

Remember:

The Spotlight isn't always on you. We often tend to think that everyone is passing

Sometimes, you  
can't argue with  
the inner critic



Say to it:  
Thank you for  
your input, but  
I'm going to  
feel/think/do  
this instead





# TODAY, WILL BE FORGOTTEN ABOUT TOMORROW

---

Will it matter in  
5 minutes?  
5 hours? 5 days?  
5 weeks? 5  
months? 5 years?

Will others  
even remember  
it by then?



# Reaching your potential

---

If you continue to listen to your inner critic, it will stop you from reaching your potential!


- Write down a list of your qualities and skills- the things that are TRUE
- Ask your family members or friends to write down what they think your qualities and skills are
- Keep this safe and when your inner critic starts to talk to you again, you can recognise the truth from the lies

**PG TIPS**






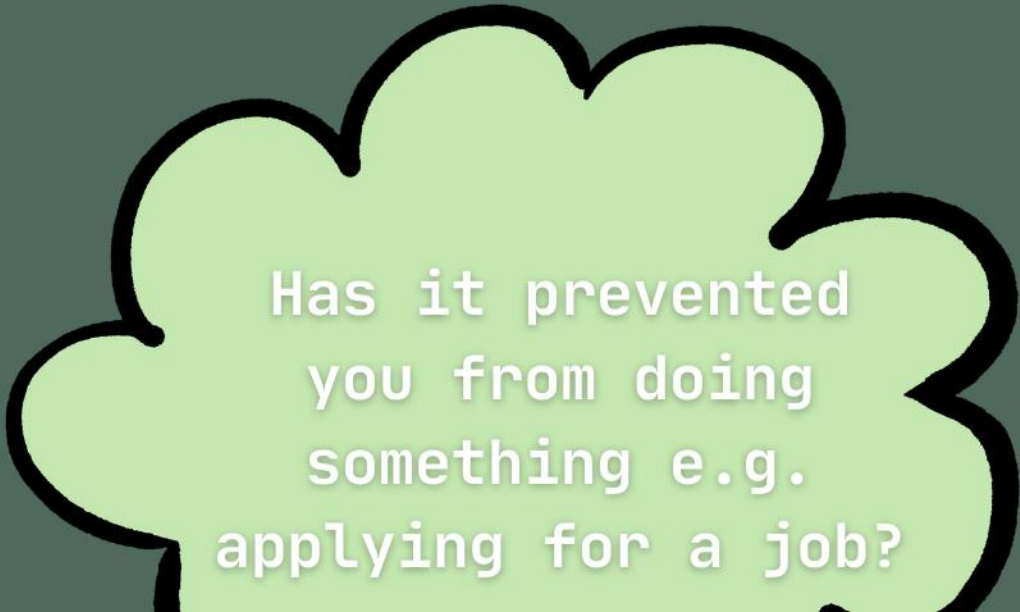
***THINK ABOUT WHAT  
'IMPOSTER  
SYNDROME' HAS  
HAD ON YOUR PAST***



Do you feel  
like you don't  
belong?



Do you often  
overthink  
situations?



Has it prevented  
you from doing  
something e.g.  
applying for a job?

# PG TIPS



# IMPOSTER SYNDROME

**REMEMBER:**

- **YOU ARE TALENTED**
- **YOU ARE CAPABLE**
- **YOU ARE ENOUGH**
- **YOU BELONG**





# PG TIPS



# IMPOSTER SYNDROME



What is imposter syndrome and how can you combat it?

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