



# Will the Real You Please Stand Up?

## Dealing with Impostor Syndrome

A Single 90-minute Webinar



### WHAT DO YOU THINK OF WHEN YOU THINK OF “THE IMPOSTOR SYNDROME”?

1. The definition has to do with how we \_\_\_\_\_ about ourselves and our abilities.
2. The term was coined in 1978 by two psychologists who described it as, “internal experience of intellectual phoniness in people who believe that \_\_\_\_\_ intelligent, capable, or creative despite evidence of high achievement.”

3. It often ties in with our \_\_\_\_\_.

4. What are other influences that potentially “feed” the impostor syndrome?

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5. Some phrases that may hint that impostor syndrome is lurking:

“It might \_\_\_\_\_, but”

“I’m \_\_\_\_\_ this matters, but”

“I know I’m not the \_\_\_\_\_ one here, but”

“I’ve been \_\_\_\_\_ up until now, but”

“It was a \_\_\_\_\_.”

“If I were really \_\_\_\_\_”

“What makes \_\_\_\_\_”

“If they \_\_\_\_\_”

“Soon they’re going to \_\_\_\_\_”

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6. Some experts believe that people who always feel like they’re impostors are often also

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7. What are the dangers of believing the inner voice that tells us we're not worthy?
- a. I'll hold \_\_\_\_\_
  - b. others \_\_\_\_\_
  - c. it feeds a cycle of \_\_\_\_\_
  - d. there will be constant \_\_\_\_\_
  - e. my \_\_\_\_\_
  - f. I will \_\_\_\_\_
  - g. I may \_\_\_\_\_ less
  - h. I will miss out on meeting \_\_\_\_\_
  - i. I won't want to acknowledge \_\_\_\_\_,
  - j. so I won't \_\_\_\_\_
  - k. I won't be \_\_\_\_\_
  - l. I'll never know what it's like to feel \_\_\_\_\_
  - m. I won't experience the satisfaction of \_\_\_\_\_
  - n. I won't learn as much about \_\_\_\_\_
  - o. I won't be open to \_\_\_\_\_
  - p. I won't experience the \_\_\_\_\_  
of knowing I've done my best
  - q. I will miss \_\_\_\_\_

8. What can we do to lessen this "disease" as much as possible?
- a. Recognize our \_\_\_\_\_.
  - b. Develop our ability to \_\_\_\_\_.
  - c. Don't dismiss \_\_\_\_\_.
  - d. Don't give \_\_\_\_\_ the credit you deserve.
  - e. Watch your \_\_\_\_\_.
  - f. Keep a \_\_\_\_\_.
  - g. View problems as opportunities to \_\_\_\_\_.
  - h. Be proud of being humble (😊), but don't be \_\_\_\_\_.

- i. If you need to \_\_\_\_\_, do it.
- j. Remember, it's okay...
  - that there are things that you do not know,
  - there are things you will never know,
  - but there are also things you can decide to learn.
- k. \_\_\_\_\_ for yourself.
- l. Do what you need to so that you're \_\_\_\_\_.
- m. Try to figure out what \_\_\_\_\_.
- n. Be \_\_\_\_\_.

**WHAT ARE MY...**

**GIFTS?**

**PASSIONS?**

**VALUES?**

**TALENTS?**

**SKILLS?**

**ABILITIES?**

**EXPERIENCES?**

**What will I do the next time thoughts of being an impostor enter my mind? \_\_\_\_\_**

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