

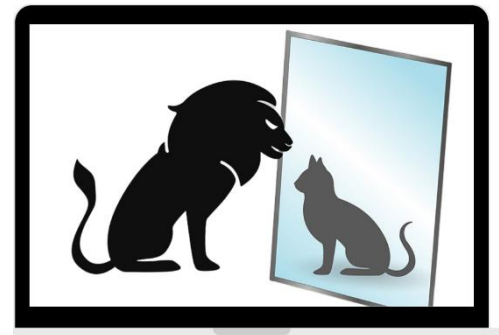


3 Imposter Syndrome Myths That Might Be Holding You Back

Impostor Syndrome is as misunderstood as it is common. Below are 3 persistent myths about Impostor Syndrome that are holding you back. Learn the truth behind the myths and start making Impostor Syndrome work for you!

Myth 1: Everyone Else Has it All Figured Out

Correction: Part of why you are struggling with Impostor Syndrome is that you think you're the only one while everyone else has it all figured out. The truth is, it is perfectly normal to experience Impostor Syndrome, with up to 70% of professionals experiencing it at some point in their careers. Moments of self-doubt and uncertainty are normal. They can even serve you. The problem comes when they are persistent and prevent you from achieving your goals while affecting your peace of mind.



Myth 2: You Should Fake It till You Make It

Correction: Pretending to be something you're not rarely fools anyone, least of all you! It shows up as insincere or overcompensating, both of which people can easily recognize. Instead of faking it- which is a temporary fix at best and a poor one at that- it will be far more effective for you to invest in truly building confidence in yourself. Through self-reflection and feedback from others who know how amazing you are, you can learn how to embrace your many strengths and gifts and conquer Impostor Syndrome once and for all!



Myth 3: There's Nothing You Can Do About It

Correction: Because of its misnomer, many people believe that Impostor Syndrome is a psychological condition, when it is more of a belief and a false one at that. Dr. Pauline Rose Clance, the psychologist who first introduced the term, refers to it as Impostor Phenomenon and wishes she had done so initially. Impostor Syndrome or Phenomenon is not a diagnosis that requires clinical treatment. It is a mindset that can harm you. The good news is, you have everything in your power to change that into a mindset that serves you!

