

breakthrough *leadership*

WE HELP BUSY PROFESSIONALS SLAY THEIR DRAGONS AND GET TO THE TOP.

How to overcome Imposter Syndrome without drama even if you've had it for years.

Imposter Syndrome tends to affect capable and intelligent people. If you have imposter syndrome, you'll live in fear of being found out. You'll be thinking that at some point someone is going to call you out for being the fraud that you think you are.

This pattern of thought leads to hyper-vigilance, becoming a stickler for detail – whether important or not and to a need to control everything. It is a relentless and tiring existence, both for you and everyone around you. Not only does it cost you a huge amount of time and energy, it also means you are unhappy. That's what drives those with Imposter Syndrome to feel depressed.

Imposter Syndrome solutions don't work

I've studied a lot of TED talks and papers written about Imposter Syndrome. Frankly, apart from defining what Imposter Syndrome is, they are all useless. The reason for that is they focus on 'solutions' that involve you consciously thinking and behaving your way through or out of Imposter Syndrome. That is really hard work. It is almost as if a do-gooder is giving you friendly well-meaning advice, but none of that advice has been proven to get results – it is just opinion. Badly informed opinion at that.

It is not all bad news though. Imposter Syndrome can be quite straight forward to get rid of. Mary was very intelligent, and she even had a PhD! She believed however, that she was no good, battling away with her imposter syndrome. When we helped her release her feelings of unworthiness, she was able to let go of her Imposter Syndrome. She became a lot happier and her work improved too.

Why you have Imposter Syndrome

The first thing to understand about Imposter Syndrome is why you have it. There are four basic reactions to threat: anger, fear, denial, and acceptance. At some point early in our lives we unconsciously decide how to react. For some of us, this might be in our character, for others this might be learned. The threat response associated with Imposter Syndrome is fear.

On top of this basic building block comes the imprinting from our parents and grandparents, from siblings, and from teachers. For example, if your mother was fearful about you doing well at school, she might relentlessly criticise everything that you do in the vain hope that this will

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help you become perfect. Very often behaviour is passed down in families, so if your parents gave you a hard time, it is likely that their parents gave them a hard time.

The result for you is that you strive for perfection to somehow gain approval of the critical parent. Of course, that never comes!

By now you probably have some ideas about why you have Imposter Syndrome. The second thing is to know what to do about it.

What to do about Imposter Syndrome

Some steps you can take by yourself. For others you may need help.

First, write down your life history – not War & Peace – just a one liner for each significant emotional event in your life. Write down what happened and how you felt. Pay attention to your early life and to relationships within your family.

Second, think about your most common negative thoughts. When you have them, write them down. Which ones repeat the most?

Now you have all the raw material you need. The third step is the most important one. This is where you release the fear that underlies your beliefs about yourself. You can do this with me in just an hour or so. Complex cases do take longer, but let's discuss it first. You can achieve the result through tasking, but this is not easy.

Once you have released the fear, you can move on to let go of your limiting beliefs.

Lastly, you must keep an Imposter Diary to check for any re-occurrence. You will still have the same habits as before, but without the invested emotion. You will need to use your new-found awareness to guide yourself more positively until you become comfortable with it.

The most important thing to note is that the process is something you only need to do once in most cases. Even a full breakthrough only takes about 2 days in total. Once you are done, that's it. No more time, effort or money required.

Now you know what you must do to overcome Imposter Syndrome, you may be curious as to how it works.

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How does this work when most solutions don't?

Our unconscious mind and our emotional reactions act as the backseat drivers of our lives. Many people go through their lives having no idea what is really going on. Approaches that interact with the conscious mind simply don't work, or at best are extremely hard work over a period of time. Breakthrough on the other hand interacts with the unconscious mind and our unresolved emotions.

We release our emotions the most easily when we understand how they serve us (or not!). During the releasing process I keep up a dialogue with my clients to help them empty out all their emotional garbage. It is like a cleansing for the soul. Most people feel much better afterwards.

A great side effect is that clients often remark on health problems suddenly clearing up too, which is nice.

What do you do next?

If you've read this far, it is time to make a decision: do you carry on as you are, just knowing a bit more about yourself; do you have a go at tasking yourself and hope for the best; or do you get the help you need to put this behind you once and for all?

Clients have achieved promotions at work, better business results, closer relationships and improved health. All of them though have one important thing in common - they are happier.

If you would like to find out if breakthrough is what you need, why not book a 10-minute discovery call today and take that important first step towards a better future.

"...strip away layers of doubt, self-deceit...
Now I think more clearly and feel a
positive sense of purpose in what I do."

