

Imposter Syndrome

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What imposter thoughts have you had before?

Starting graduate school — ANONYMOUS

I'm not good enough. — ANONYMOUS

I don't belong here. — ANONYMOUS

Giving presentations — ANONYMOUS

Im not as smart as the other people in my program.
— ANONYMOUS

I'm not actually competent enough to be a nurse practitioner,
I've only gotten this far because I'm a good test taker
— ANONYMOUS

All my accomplishments come solely from who I know.
— ANONYMOUS

Entering research field for the first time and having to report
data — ANONYMOUS

I won't be able to be a doctor because I don't compare to the
smarts of my colleagues. — ANONYMOUS

what successes?? — ANONYMOUS

I am not educated enough to help clients. Am I doing enough?
— ANONYMOUS

i am a good bs'er — ANONYMOUS

I am not worthy of my aspirations or goals because I am not
smart enough — ANONYMOUS

My coworkers despise me for the work I do. I am not good
enough at my job. — ANONYMOUS

I am only here because of who I know. — ANONYMOUS

I'm not a good test taker or student - I just know how to get
myself through things — ANONYMOUS

I don't know as much as everyone else. — ANONYMOUS

I was lucky enough to have looked the rights things up before
talking with the doctors. — ANONYMOUS

I'm not good enough — ANONYMOUS

I am not as good as people tell me I am. — ANONYMOUS

I don't know enough to be a "professional" — ANONYMOUS

I had one successful design but I am always afraid the next one
will be a disaster — ANONYMOUS

I am a hard worker but not deserving enough for grad school
— ANONYMOUS

I'm my department's affirmative action pick for the year.
— ANONYMOUS

Anything good that happens as a result of an accomplishment is
because someone out there pities me! — ANONYMOUS

My accomplishments are really my advisors accomplishments
because he understands the topic better than I do and helped
with the work a lot — ANONYMOUS

A diploma mill graduate program rejected me, I must have
really fooled admissions here. — ANONYMOUS

I've not put myself out there when I should have. I've actually
written two books but refuse to send them to publishers because
I can't handle the vulnerability of it. — ANONYMOUS

What are some specific ways imposter syndrome has impacted your behavior or education? What opportunities have been or might be missed?

It stems from my core beliefs learned as a child — ANONYMOUS

I don't ask for opportunities or advancement. — ANONYMOUS

Always saying "fake it til you make it" — ANONYMOUS

I put off grad school for years because I thought I wasn't smart
enough to do it. — ANONYMOUS

feeling that I can't keep going because it is expensive and I don't already have that money available. makes me actually work less hard. — ANONYMOUS

My anxiety rides high because if I don't have perfect grades then I will not be a nurse practitioner. — ANONYMOUS

Not asking for help fearing I will be perceived as dumb — ANONYMOUS

Not speaking in groups of people. High anxiety in my own life. Impacting my relationships because I overwork. — ANONYMOUS

I left school.... — ANONYMOUS

I havent shown colleagues who I really am — ANONYMOUS

Not offering feedback in lab — ANONYMOUS

Being afraid of asking for help because it will expose me — ANONYMOUS

Constantly second guessing myself and my self-worth — ANONYMOUS

I am afraid to really pursue my business and market myself for clients — ANONYMOUS

Almost dropping out of a job search because I ended up in the top 4. Must have been a mistake. — ANONYMOUS

Procrastinate because I can't get my papers exactly how I want them before sending them for feedback. Which just leads to less time to work with the feedback. — ANONYMOUS

not asking for help — ANONYMOUS

Constantly thinking you need to be more professional — ANONYMOUS

Didn't apply for being a TA thinking I will not be good enough/ I don't know much about the course and losing out on funding — ANONYMOUS

I put off pursuing my degree for decades because I felt I was lacking too much. A colleague of mine is in grad school and wants me to come to that school but seeing her workload and her output terrifies me because I am not that good. — ANONYMOUS

starting to look for jobs because I'm afraid I won't finish school — ANONYMOUS

I often have no time for myself because I am always focused on shielding myself from others seeing my "imposter"-ness — ANONYMOUS

always compared myself to my already successful siblings — ANONYMOUS

Procrastinating and turning in subpar work that professors looked down upon. Taking on too many classes at once and not being able to produce quality work in any of them — ANONYMOUS

Missing due dates for scholarships, etc, due to procrastination and perfectionism. — ANONYMOUS

social anxiety, not speaking up in a group or in class. not leading a group like I feel I should. — ANONYMOUS

My mistakes in the past have held me back — ANONYMOUS

being so anxious to get it right that I walked more than five miles one night around the bowels of the theater gathering things to make sure that every detail was perfect — ANONYMOUS

A mentor mentioned after a small criticism that I seemed upset with so I had to explain that I was mad at myself for my mistake — ANONYMOUS

What other strategies have you found helpful to address imposter syndrome?

Surrounding myself with encouraging, uplifting friends and colleagues — ANONYMOUS

Realizing you can enjoy and learn without earning accolades — ANONYMOUS

Mindfulness-Based Interventions — ANONYMOUS

Focusing on reaching out to others, and assisting them. — ANONYMOUS

Consciously trying to recognize unkind thoughts I have about myself — ANONYMOUS

Showing myself the mercy that I show to others. — ANONYMOUS

Separating my inherent worth as a person from my abilities — ANONYMOUS

Accepting complements makes a big difference. Just saying "Thank you" instead of being dismissive. — ANONYMOUS

Deep breathing with positive affirmations — ANONYMOUS

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