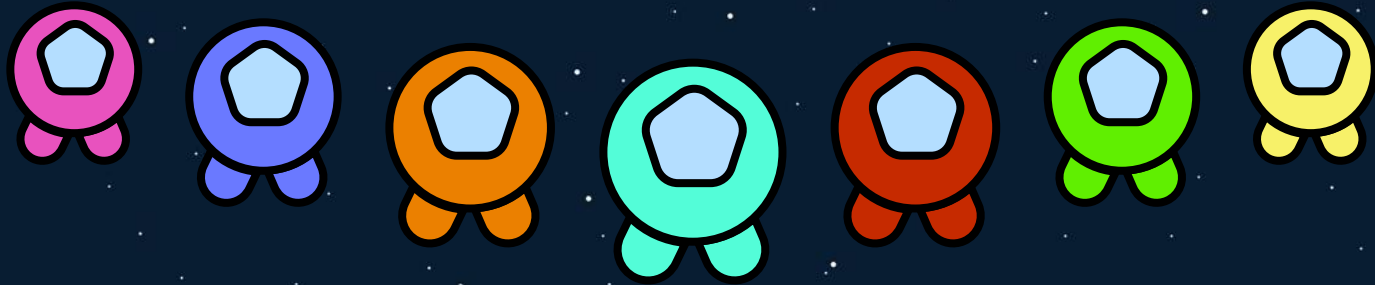


THE IMPOSTOR SYNDROME

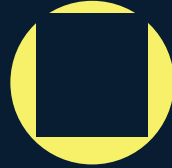


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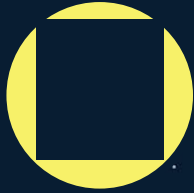


**Strategies to
overcome and manage**

Stay tuned...

WHAT IS THE IMPOSTER SYNDROME

Introduction



- When someone doubts their hard work, feeling like a fraud
- Constantly thinking their ideas aren't worth other people's attention
- It mostly affects perfectionists and high-achieving people, who have trouble accepting their accomplishments and question whether they deserve their achievements.



SOME CASES:

- Having high grades yet feeling undeserving for the university spot
- A intern or co-op student hired by the company who feels like there is a huge gap between the previous workers/ full timers
- Employees who do not think they deserve a raise or promotion despite their years of service and success



“Calling it a
syndrome
downplays how
universal it is.”

— ELIZABETH COX, TED-ED

CAUSES AND UNDERLYING FACTORS



Critical Parents/ Societal Judgement

People with Imposter Syndrome mostly come from a family who had high expectations and whose parents flip between praise and criticism.



Entering a New Role/ Applying to places

Having a new role, such as entering university or college, a new workplace, can trigger feelings of not belonging.



Perfectionism/ Fear of failure

Setting impossible goals for oneself so when they inevitably don't meet, it leads to immense self doubt and criticism. Never acknowledging any success

SYMPTOMS: MENTAL HEALTH



Anxiety

Feeling like a fraud
can cause mental
battles with oneself
and lead to anxiety
and nervousness.



Depression

Feeling like an outsider can
make someone feel
disconnected from society,
giving rise to possibilities
for depression.



Low-self esteem

The main symptom of
the syndrome is
feeling like you
don't belong
despite being
academically
qualified.

DIAGNOSIS

A questions I asked myself: Is it something I can treat because of its severity?

- While imposter syndrome is not an official diagnosis in the DSM, psychologists and others say that it is a real and specific form of self-doubt.



TYPES OF IMPOSTER SYNDROME



THE SUPERWOMAN/MAN

Types of Imposter Syndrome

The superwoman/man represents a person with imposter syndrome that often struggles with work addiction. This person may feel inadequate relative to colleagues and continue to push themselves as hard as possible.

THE PERFECTIONIST

Types of Imposter Syndrome

The perfectionist represents a person with imposter syndrome that strives to be their absolute best, no matter the cost to their mental health. These individuals set impossibly high standards for themselves.

THE NATURAL GENIUS

Types of Imposter Syndrome

The natural genius represents a person with imposter syndrome that not only struggles with perfectionism but also sets out to achieve lofty goals on their first try. These individuals feel unworthy, guilty and shameful if they cannot easily complete a task or achieve a goal on their first go.

THE SOLOIST

Types of Imposter Syndrome

The soloist represents a person with imposter syndrome that has extreme difficulties asking others for help.

They may feel that others are not as competent as themselves or that they must prove their own worth through their productivity.

FINALLY, WHAT'S THE
TREATMENT ?!

WHAT IS THE
SOLUTION.



TREATMENT

Talking to other people about your feelings can help release them.

Share Your Feelings



Make a realistic assessment of your abilities and write down what you are good at.

Access your Abilities



Acknowledge Yourself

Take breaks, reward yourself if you have an accomplishment, even if it is little



Stop Comparing Yourself

Comparing yourself to others can make you feel inferior about yourself. Instead focus on being more genuine.

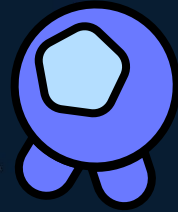




DO YOU HAVE ANYTHING TO SHARE

Prompts: Which type do you
relate with?

Do you struggle with imposter
syndrome?



THANK YOU!