

Oppose Your Impostor!

How to be Freed From
Feeling Like a Fraud



Maureen Zappala

Four Strategies to Oppose your Impostor



1. Get the **Information**
2. Examine the **Accusation**
3. Cultivate some **Conversation**
4. Collect Your **Documentation**

Collect the Information

What is Impostor Syndrome, and Who does it affect?



Grad school—where
half the people suffer
from the "impostor
syndrome" and the
other half don't know
what the hell
they're doing

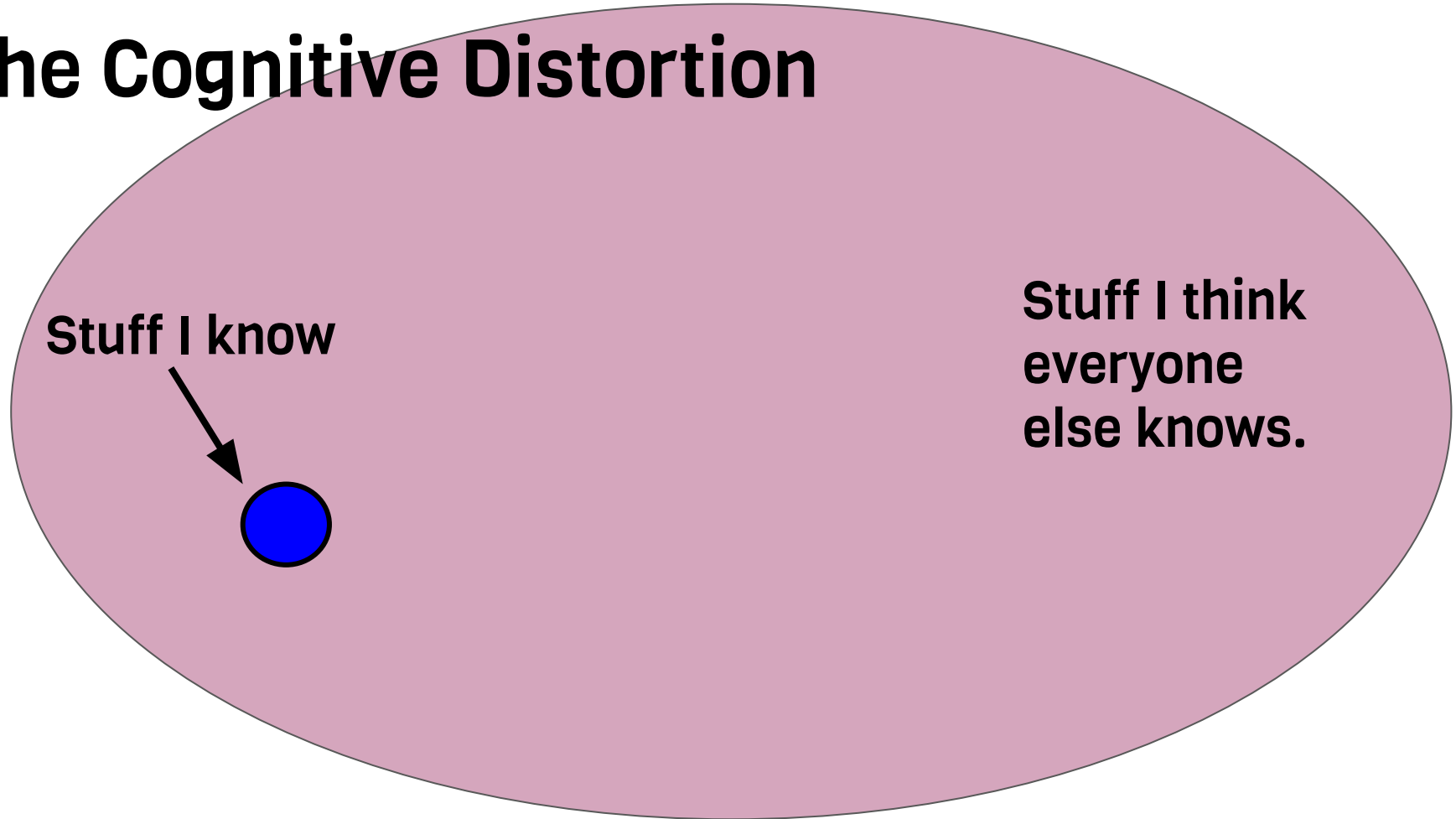
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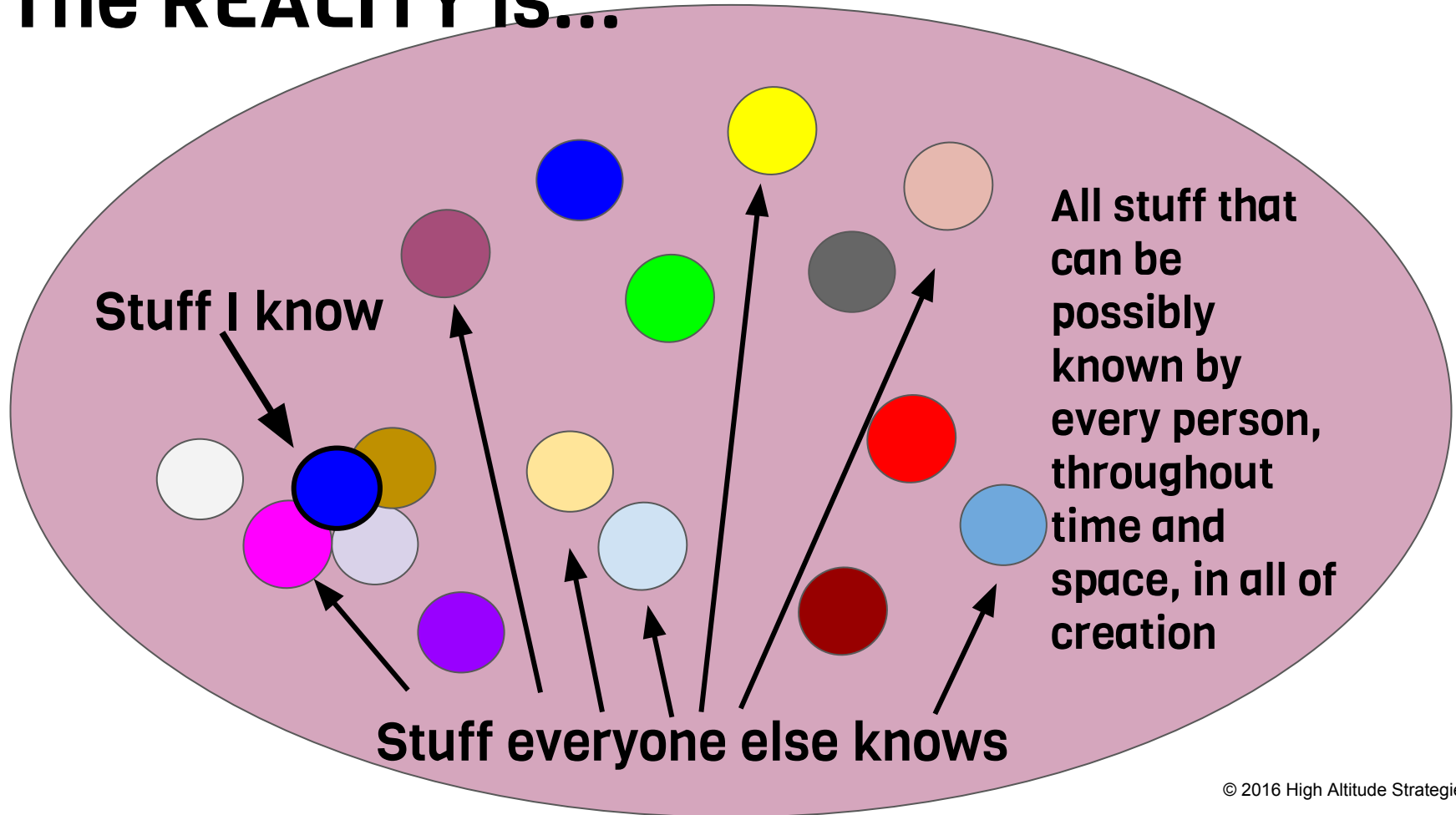


"Your fear of being publicly exposed as a fraud is a stress-related disorder called 'Imposter Syndrome.' It's common among people in high-profile authority positions, and, of course, in actual phonies, like you."

The Cognitive Distortion



The REALITY is...



Six Symptoms of Impostor Syndrome

1. Impostor Cycle
2. Need to be Special/Best
3. Superman/woman Complex
4. Use of Charm/Insight
5. Fear of Failure
6. Fear/Disdain of Success



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Examine the Accusation with the **Tri-C Approach**



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Get in COMMUNITY!



The Great Paradox of the Impostor Syndrome is...

It is **Amplified** within
community and
Diminished within
community.

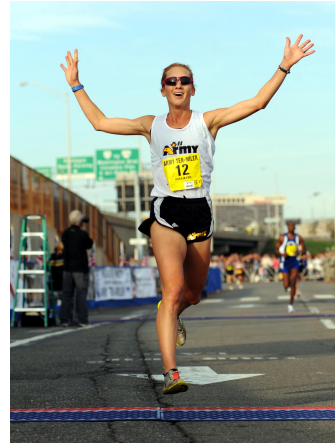
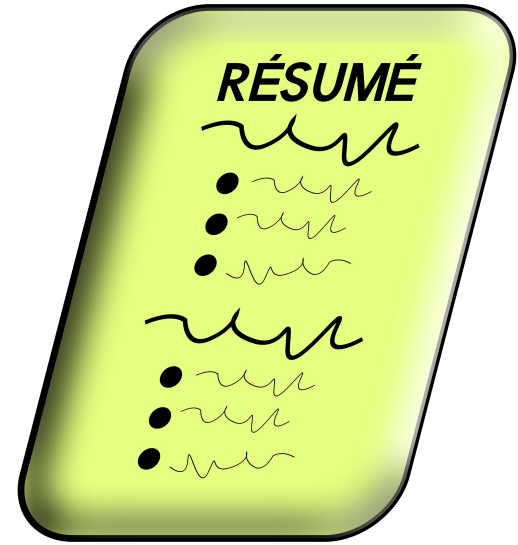


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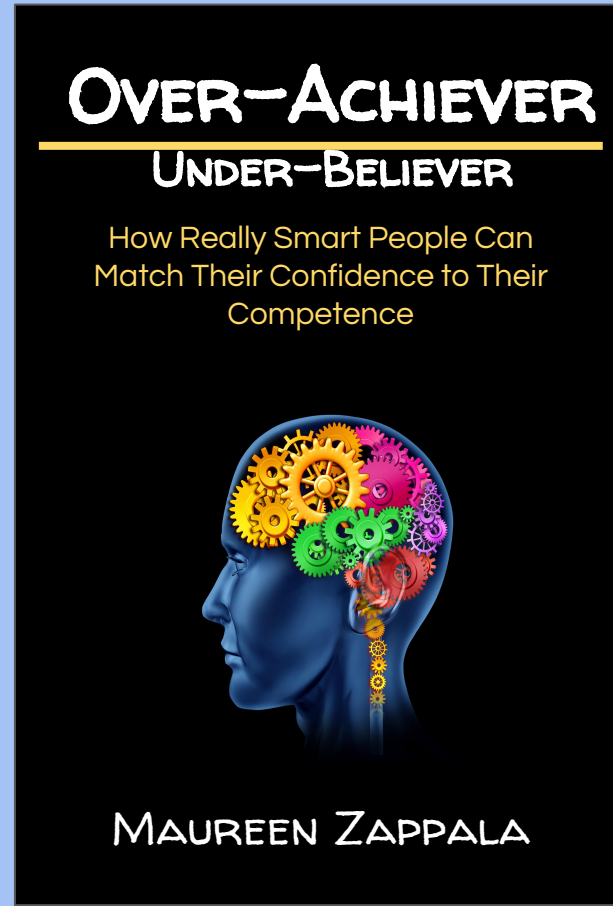
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Your Documentation: Own your Greatness!



AWKWARD.

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soon!**



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