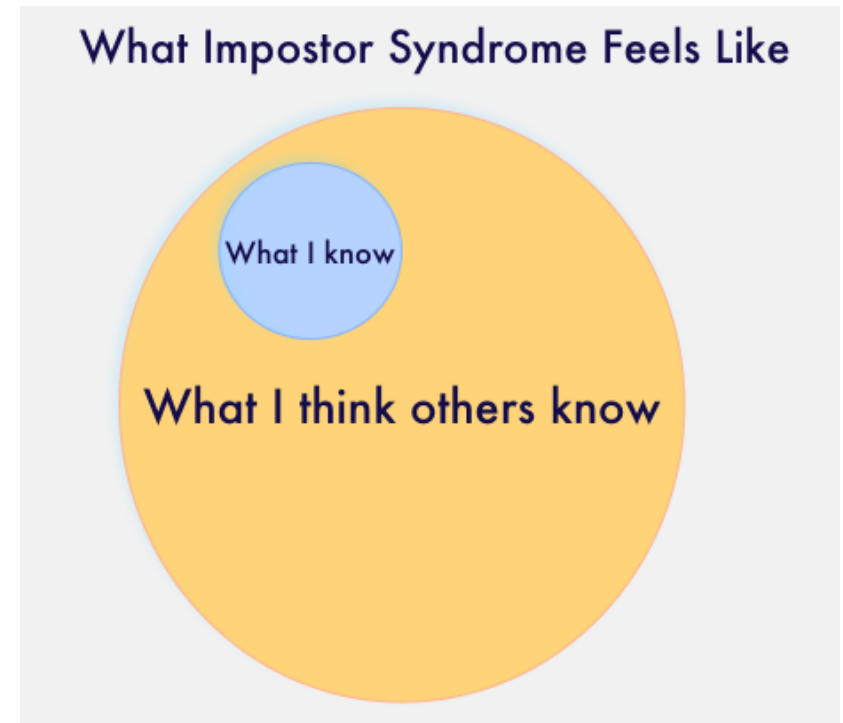
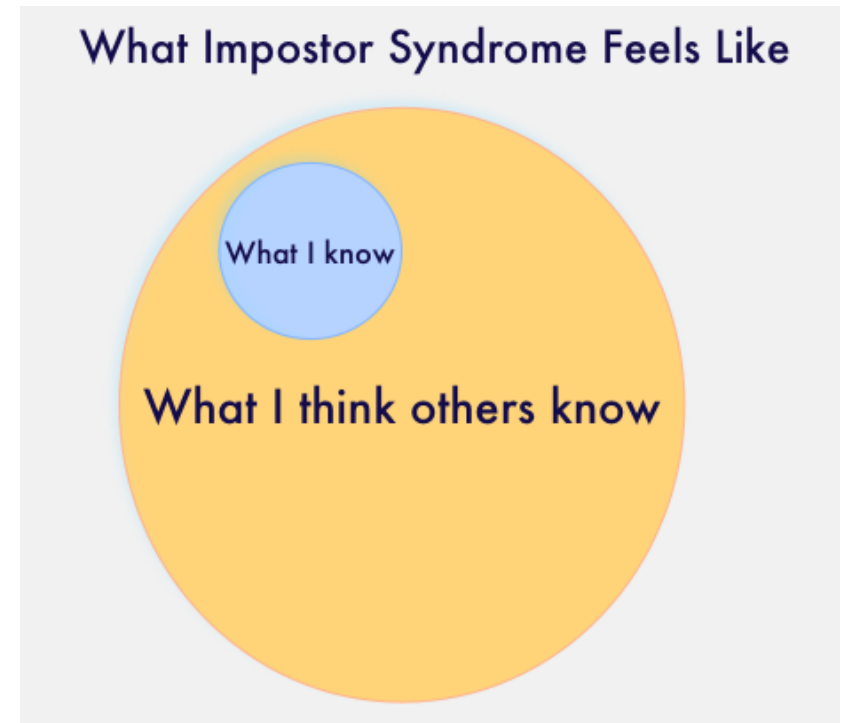


Imposter Syndrome

What is imposter syndrome?

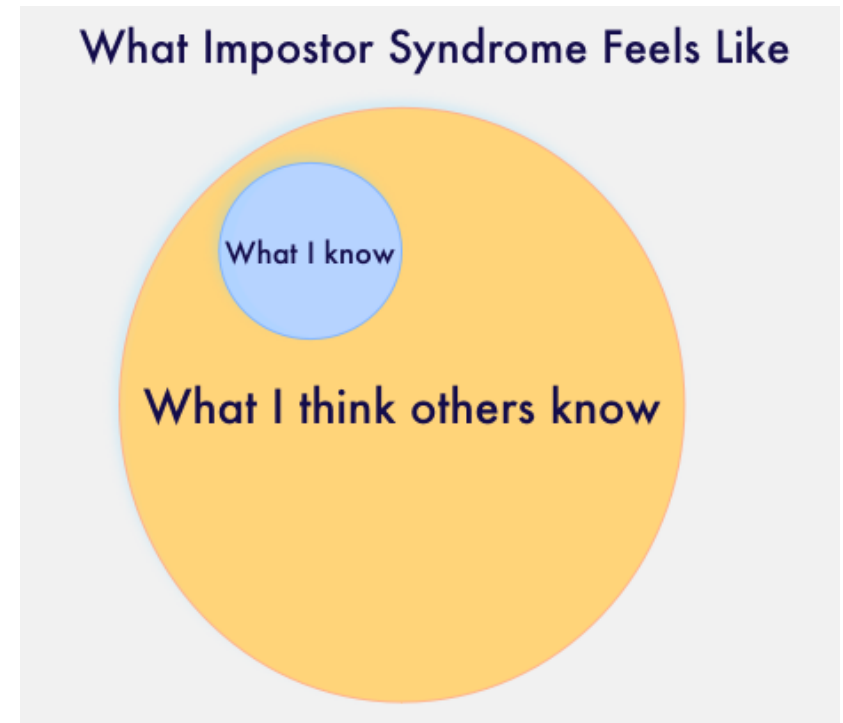


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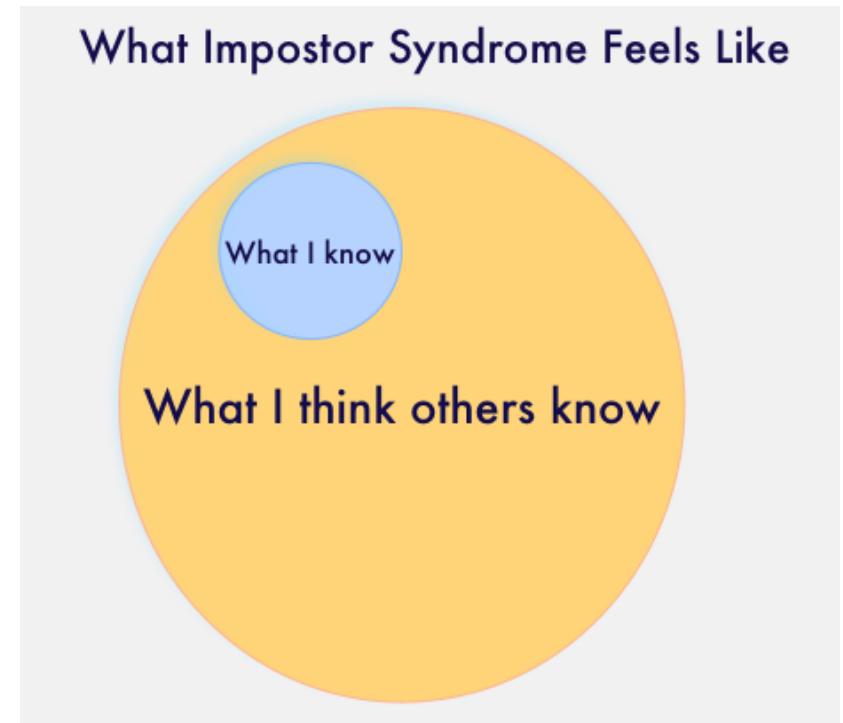
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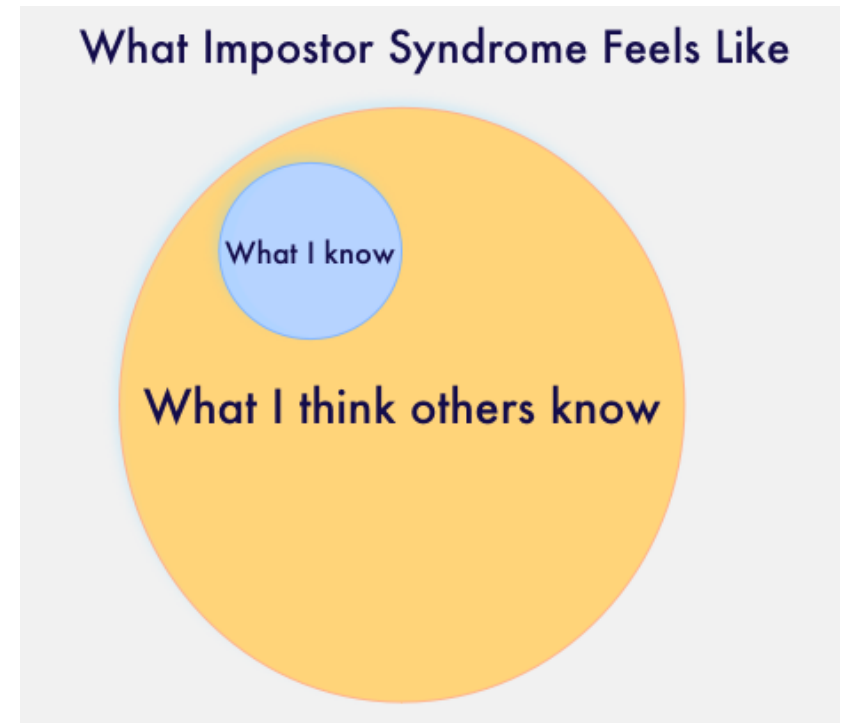


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Imposter Syndrome is most common among gifted women.



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 - d. Second-guessing your abilities



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 - You work too much because you think you are not smart or capable
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 - You purposely ruin your own opportunities, your career, or your relationships
- You are depressed and you don't enjoy life
 - You feel like you do not deserve love, praise or success
 - Your energy is spent on dealing with your imposter syndrome



Some ways to deal with Imposter Syndrome

- Focus more on how far you have come, not how fast you want to go
- Ask for help and don't be afraid to say, "I do not know"
- Keep things in perspective



See resources on the
Foundations
(Imposter Syndrome)
page!

