The Imposter Within

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Soften that voice that says "you're not good enough!"

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Hello Clarice

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Agenda

1. Definition

2. Identify the Signs

3. Techniques

Wiki Says:

"Concept describing **high-achieving individuals** who are marked by an **inability to internalize their accomplishments** and a **persistent fear of being exposed as a 'fraud'**."

Lack of self confidence, image found on Google Images

Even With
Evidence

Identify Your Imposter

Self-destructive Behaviour

- Obsession

- Anxiety

- Depression

- Burn out

It Impacts Others

Team image from Atlassian Documentation
https://confluence.atlassian.com/jirasoftware/blog/2015/08/focusing-on-the-agile-team
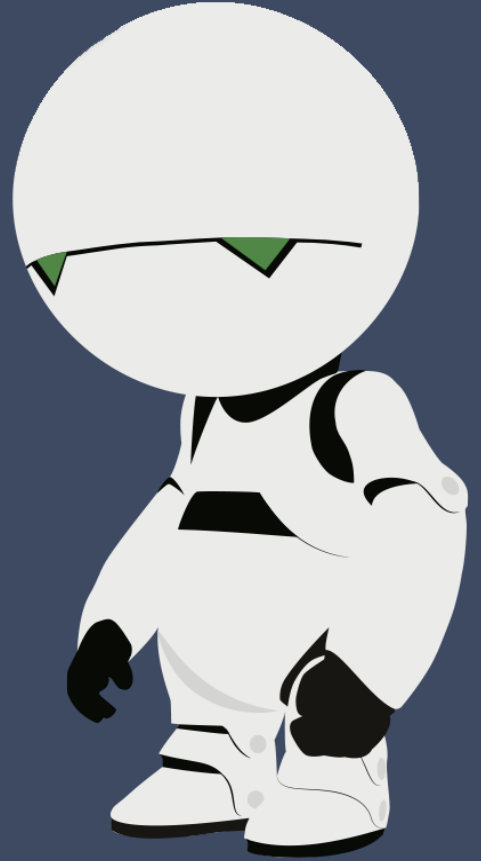
Doubting Yourself

Self-limiting Beliefs

- I **don't know** what I'm doing

- I make the **wrong choices**

- Everyone is **smarter** than me

- I am **inadequate**

2. SIGNS

Words Define
Your Reality

Marvin the robot from Hitchhiker's Guide to the Galaxy, image from Pinterest
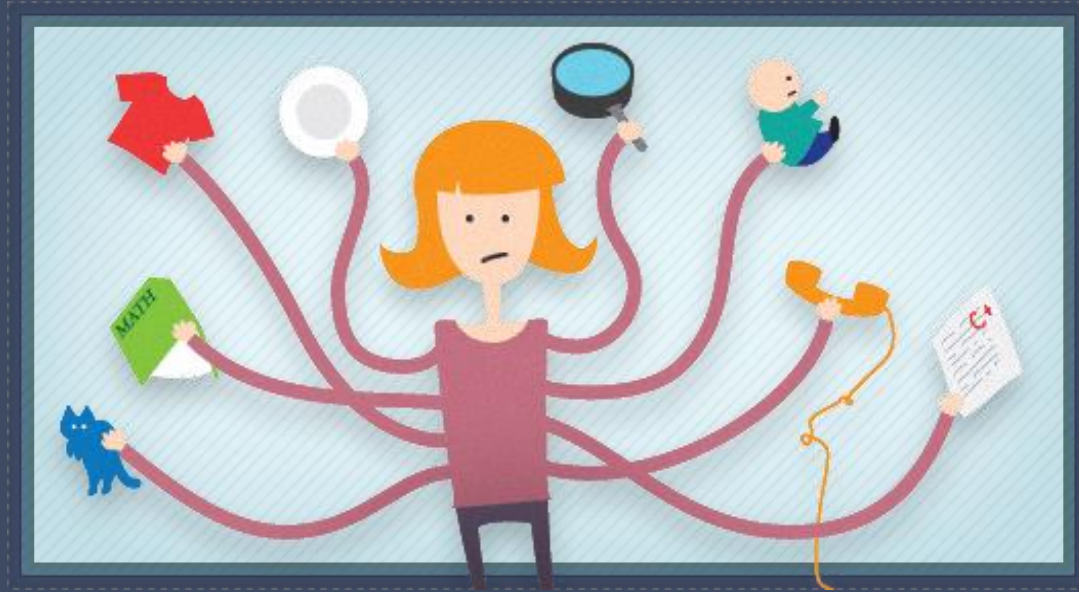
Holds You Back!

- Writing **code**
- **Engaging** with others
- Kills **innovation** and **creativity**
- Grabbing **opportunities**

Setting the Bar Too High

Insane
Difficulty Level

Diablo III's Inferno level, image from Diablo Wiki

Expect More From **Others**

Superwoman, image from A Mommas View blog (original unknown)

The Unicorn Job

2. SIGNS

You Are Missing Out

DOH!

Homer Simpson, image from Google Images

Making Things Perfect

At What Cost?

- Deprioritised health

- Fatigue

- Strain on relationships

- Frustration

`<perfect code />`

Good Enough
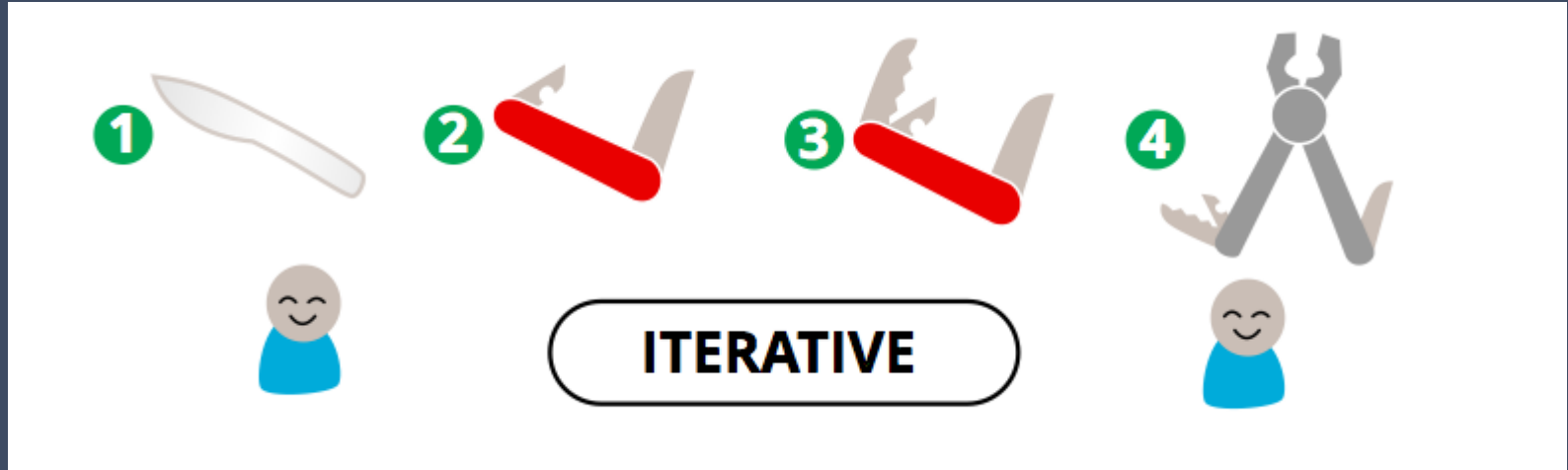
Too Afraid To Fail

Panic!

Harvey Spectre from Suits having a panic attack, image from WTF Did I Miss?

Push Through

- Commit

- Breathe

- Prepare

- Get Support

Befriend Your Imposter

- Be **honest** with yourself

- You are in **control**

- **Calm** your mind
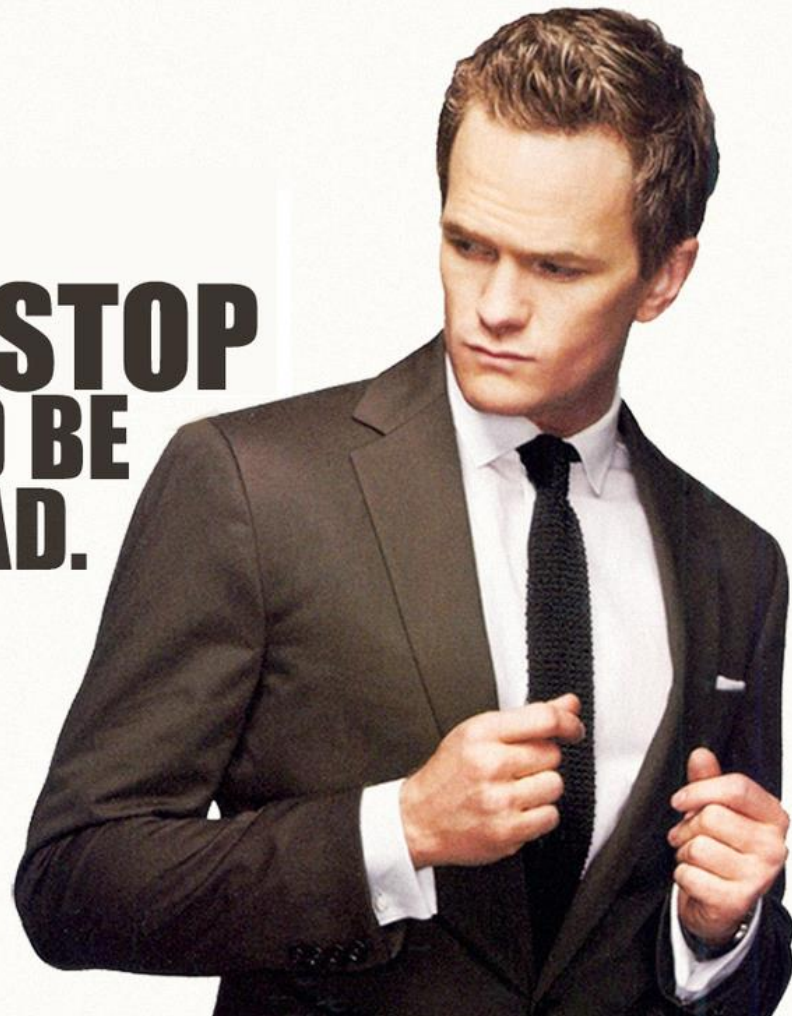
- Be **kind** to yourself

- **Reflect**

- **Talk** about it

- Get **support**

- Take it **day-by-day**

- Get outside your **comfort zone**

WHEN I'M SAD I STOP BEING SAD AND BE AWESOME INSTEAD.

Thanks!

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I'm Clarice Bouwer, the recovering imposter

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