



IMPOSTER SYNDROME

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*A PSYCHOLOGICAL PHENOMENON
THAT REFLECTS A BELIEF THAT
YOU'RE AN INADEQUATE AND
INCOMPETENT FAILURE DESPITE
CONTRARY EVIDENCE.*



Despite achievements, our feeling of success can be fragile and easily turn into Imposter Syndrome. Even if we accomplish something, we consider ourselves as a fraud and do not deserve the success. We dismiss our proof of success as luck, timing, or as a result of deceiving others. Sometimes, setbacks or rejections can trigger these imposter feelings, and we begin to operate under a cloud of fear that someone will “*find out who we really are*”. How can Imposter Syndrome affect our daily lives?

Perfectionism - When we don't believe we are worthy, we strive to prove ourselves to others and can become perfectionists. We are unable to lower our standards based on the fear of being judged by others. We blame ourselves when we don't meet our own high expectations. Sometimes, we get discouraged from starting a new task and procrastinate, avoiding important tasks and projects.

Self-Criticism - The lack of our self-worth allows the narrative of “not enough” to dominate our mind and may lead us to compare ourselves with others. We then become critical and unkind to ourselves, beating ourselves up over the smallest misstep. We prioritize ongoing pressures for productivity over self-care and end up feeling physically drained and burnt out.

Limiting beliefs - Shame stirs up limiting beliefs and scarcity thinking like: “*What if I fail?*” “*I am not good enough*”. As a result of these limiting beliefs we may shun healthy challenges and instead become defensive and isolated as we feel more and more of a need to go into hiding.

Perhaps we feel like an imposter in our work, our school, or our volunteer group, but maybe some of us also feel the Imposter Syndrome in relation to our own faith and salvation. We can feel “not good enough” to reach out to God or to pray, or we compare ourselves to other Christians and feel we are somehow lacking. God answers these doubts with a clear declaration of belonging in Romans 8:15.

The Spirit you received does not make you slaves, so that you live in fear again; rather, the Spirit you received brought about your adoption to sonship. And by him we cry, “Abba, Father.”

Through the sacrifice of Christ, who died on the cross to justify your belonging, you *belong*——you belong in the church, you belong in your calling, you belong anywhere on this planet that God wants you to be!