

10 Sneaky Thoughts That Sabotage Your Interviews

(and how to take back control)



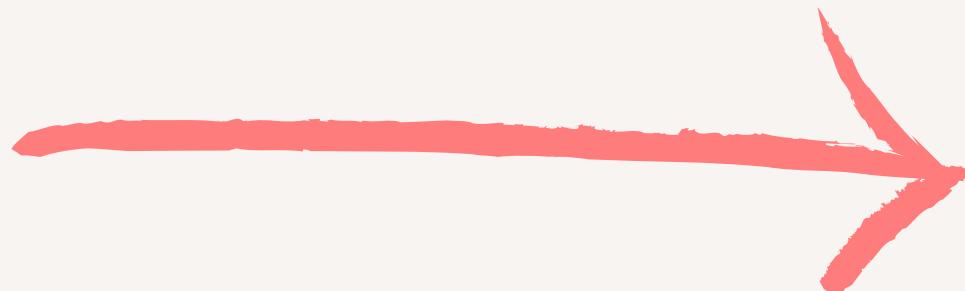
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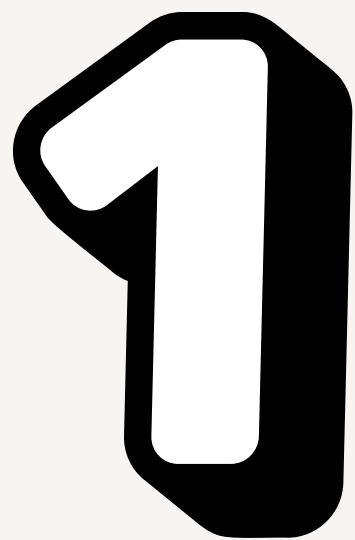
The real reason you're not landing offers is **NOT** your experience.

It's what's happening in your head.

10 Mindset tweaks that will help you
master your interviews.

(No fluff. Just practical shifts that work.)





Rejection Residue

“I’ve been rejected before. It’ll happen again.”

→ That was one company’s decision, not a verdict on your worth.

FIX IT:

Write down 3 things you learned from your last rejection and 3 things you did well.

Reframe the experience into growth, not failure.

2

Impostor syndrome

“I’m not really qualified.”

→ You are. Remind yourself of your results, not just your responsibilities.

FIX IT:

✓ Keep a “Wins List” and update it weekly with results you’ve achieved.

Read it before interviews or when doubt creeps in.



Fear of judgment

“What if I say the wrong thing?”

→ Focus on being clear, not perfect.
Interviews aren't exams, they're conversations.

FIX IT:

✓ Practice answering questions out loud with a friend or in front of a mirror.

Train clarity, not perfection.



Overthinking

“There must be a perfect answer.”

→ There isn't. Authentic, structured answers always win over rehearsed perfection.

FIX IT:

✓ Use the PARL method (Problem, Action, Result, Learning) to structure your answers.

Helps you stay focused and grounded.

5

Comparison mindset

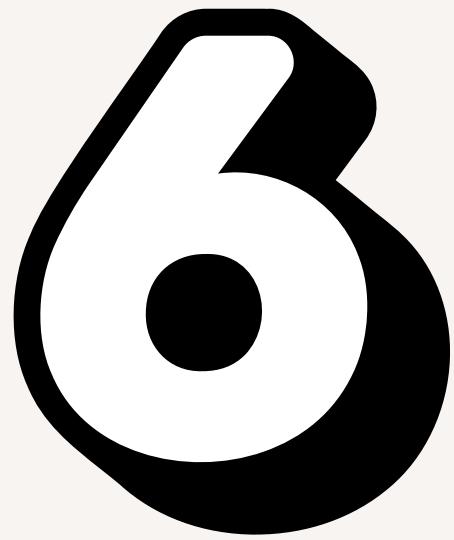
“There are better candidates than me.”

→ Possibly, but they’re not you.
That’s your edge.

FIX IT:

✓ List 3 unique strengths or experiences only you bring.

Owning your difference.
That’s your differentiation.



Fear of bragging

“I don’t want to sound arrogant.”

→ Sharing your wins isn’t bragging, it’s context. Own them.

FIX IT:

✓ Frame your achievements with outcomes:
“As a result of X, we achieved Y.”

It’s storytelling,
not self-importance.

7

Perfectionism

“I can’t make a single mistake.”

→ You can.
It’s how you recover that counts.

FIX IT:

- ✓ After a mock interview or real one, write down one thing you did well and one thing to improve, then move on.

Progress over perfection.

8

Lack of clarity on your value

“I don’t know what makes me stand out.”

→ Take time to articulate your unique impact. Practice it out loud.

FIX IT:

✓ Ask 3 colleagues or friends:
“What do you think I’m especially good at?”

Their words can help you shape your narrative.



Uncertainty about the role

“I hope I figure out what they want.”

→ Do your prep. Ask sharp questions.
Show curiosity.

FIX IT:

✓ Prepare 3 thoughtful questions
that show you're thinking like
someone already in the role.

It flips the dynamic.

10

Emotional fatigue

“I just want this to be over.”

→ Step back. Rest. You’re allowed to pause and come back stronger.

FIX IT:

✓ Block off 24 hours with zero job-search tasks. Go outside. Sleep in.

Reset your nervous system.
It boosts clarity and resilience.

Believe in yourself.

✨ Interviews are as much about energy and mindset as they are about skills.

If you're preparing for one, don't just polish your resume, clear the mental clutter too.

If you think you can or you can't, you are right.

Believe in yourself.



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