



IMPOSTOR SYNDROME FLASHCARD

AT THIS MOMENT I FEEL LIKE AN IMPOSTOR

I feel inadequate, not good enough, and worried that I'll be "found out".

These emotions have been triggered by _____
(whatever your current situation is).

I FEEL LIKE THIS BECAUSE...

Through my life experience and inborn tendencies, I have developed patterns of thinking and feeling that replay when I feel like I don't know "enough".

These patterns make me feel like a fraud or an impostor, or inadequate in some other way.

WHEN I FEEL THIS WAY I...

- ☐ Tend to exaggerate the degree to which I compare myself to those around me negatively;
- ☐ De-value my actual capabilities, achievements and experiences, which are - in reality - much greater than I feel in this moment;
- ☐ Forget that I have felt like this before, worked through it and been successful anyway.

EVEN THOUGH I BELIEVE

I am somehow not good enough, or am broken, or I will never resolve this particular problem with my code or my knowledge.

THE REALITY IS MORE LIKELY TO BE THAT

I am more capable than I think. I will succeed eventually, perhaps with the help of those around me. Even if I am considered lacking in some way by a peer or senior, the long-term trajectory is toward learning, achievement and success.

THE EVIDENCE SAYS

There are specific, real-world examples in my past such as _____ that demonstrate my capabilities (I even achieved that while feeling like an impostor, go figure!).

SO EVEN THOUGH I FEEL LIKE AN IMPOSTOR

- ☐ I can remind myself that this is just a feeling and if I can work with it, I can still be successful;
- ☐ I can adopt an attitude of curiosity and remember that situations of “not-knowing” quickly turn into situations of learning;
- ☐ I can adopt an attitude of curiosity and remember that situations of “not-knowing” quickly turn into situations of learning.

codingmindfully