

Quick Tips to Help Dismantle

Impostor Phenomenon

Changing the way you view yourself or speak to yourself takes time. There is no quick fix. However, here are some quick tips when you find your impostor thoughts spinning out of control that you can put in place.

1. BREAK THE SILENCE

Speak to someone who you trust. Opening the conversation with someone allows you to gain perspective without you feeling like you're 'stuck' in your mind.

2. SEPARATE FEELING FROM FACT

By changing your thought, you can change the way you feel, which ultimately changes how your body reacts.

3. RECOGNIZE WHEN YOU FEEL LIKE A FRAUD

What are your triggers? Is there a specific time of day? Moment? Certain procedure? Type of patient? Narrowing down when these thoughts come up can help understand why you are choosing to think of yourself as a fraud.

4. DEVELOP A NEW SCRIPT

How are you speaking to yourself? Are you only using negative, demeaning or words that you would never use towards a friend or a loved one? If that's the case, why do you think it's okay for you to use them towards yourself?

5. REWARD YOURSELF

You don't have to wait for a life defining moment to cheer yourself on. You also don't need to wait for someone else to praise you for you to praise yourself. Create internal validation and build up that joy bucket.

WANT HELP DISMANTLING IMPOSTOR
PHENOMENON? CHAT WITH DR. JESSICA

[BOOK A CALL!](#)