



Presented by BU Happiness College

# Understanding Imposter Syndrome & Self Doubt

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A person is alone when they are by themselves.  
A person is lonely when they feel abandoned or  
sad due to isolation or lack of connection.



# What is imposter syndrome & self doubt?

## Imposter Syndrome

Imposter Syndrome refers to an internal experience of believing that you are not as competent as others perceive you to be. It is the experience of feeling like a phony—that at any moment you are going to be found out as a fraud—like you don't belong where you are.

Imposter Syndrome is a thinking pattern that can commonly arise when going through a big life change or transition such as moving house, changing career or job title, relationship shifts etc.

## Self Doubt

Lack of confidence in oneself and one's abilities.

**What do I experience self doubt around or feel a lack of confidence?**

# Different types of Imposter Syndrome

Types of Imposter Syndrome

**SUPERHERO:**  
overwork themselves to make up for how inadequate they feel

**NATURAL GENIUS:**  
set exceedingly high goals, feel crushed when they don't meet them

**EXPERT:**  
never satisfied with their level of understanding, always trying to learn more

**PERFECTIONIST:**  
never completely happy with their work, fixated on flaws instead of strengths

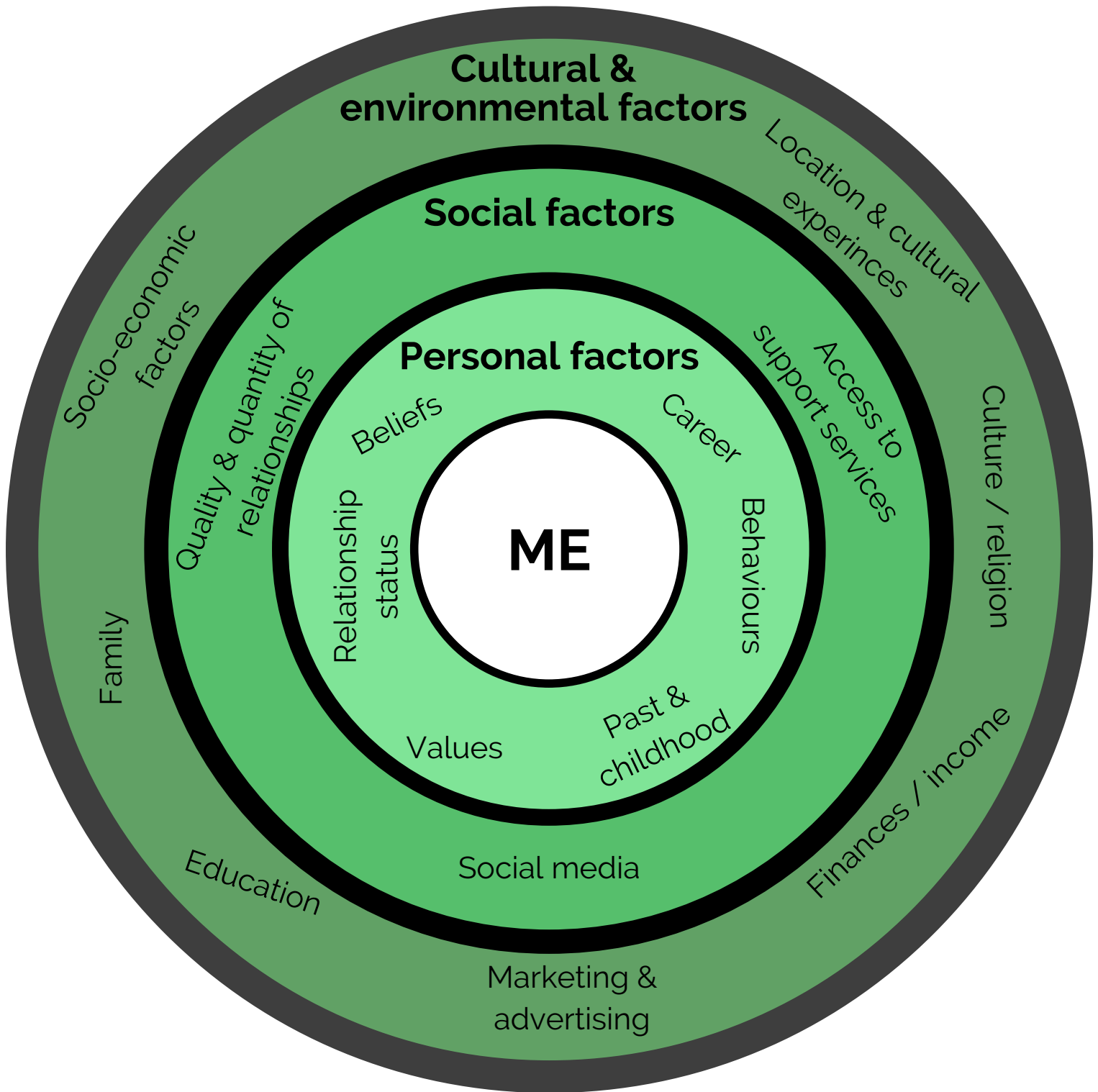
**SOLOIST:**  
prefer to work alone, won't ask for help for fear of appearing weak or incompetent

verywell

Verywell / Theresa Chiechi

What type/s of Imposter Syndrome do I notice coming up for me?

# Levels of identity



# Awareness of my levels of identity



**My own Personal  
Factors**

Large empty rounded rectangular box for notes related to Personal Factors.



**My own Social  
Factors**

Large empty rounded rectangular box for notes related to Social Factors.



**My own Cultural &  
Environmental Factors**

Large empty rounded rectangular box for notes related to Cultural & Environmental Factors.



# Journaling to increase my sense of self & identity

**What am I proud of or what did I do well today?**

**What did I learn today?**

**What could I do differently next time?**





# Starting to create your identity

Examples to add here: My name, I am ... , I like ... , I enjoy ... , significant people in my life, my habits & routines are ... , I feel good when ...



**Me!**

A close-up photograph of a person's hands holding a pen and writing in a spiral notebook. The person is wearing a dark-colored shirt. The background is softly blurred, showing what appears to be a window with light-colored curtains. The overall tone is warm and focused.

# Key Takeaways

Takeaway 1...

Takeaway 2...

Takeaway 3...