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Dissolving Impostor Syndrome

Self Acceptance
Self Compassion
Self Leadership

Getting to the Core



Mainstream influencers keep regurgitating misleading and unhelpful advice about Impostor Syndrome and I wanted to offer a more transformative way to understand it.

Because it's often experienced in high-achieving, perfection-seeking people, that's a strong clue we're dealing with unhealed SHAME and UNENOUGHNESS but nobody's talking about it.

At the core, this speaks to a lack of connection to our Authentic Selves and to the hearts of others.

A Momentary Flashback



The impostor experience is a moment of isolation and disconnect.

Experienced as mild to severe panic, and the obscuring of our whole, Authentic Selves, including our overworked Protector Parts.

You can see it as a momentary flashback...

...for a moment we are flooded with the consciousness of a very young, probably wounded, lonely, scared part of us.

Problematic Protector Parts



Our typical, internal protectors who've helped us get through life...

...the High Achiever, the Perfection Seeker, the Striver and the Pleaser...

...momentarily lose their grip and hold and control over our psyche, and we forget all our accomplishments and achievements and our inherent worth...

...and fear we're going to get found out and shamed for not being enough.

Turn Towards It



The first thing we need to do...

...is wake up, turn within, and recognize the fear, the shame, and all the uncomfortable sensations that come with it...

...accept them all and allow them to be...

...and love that young part of us so much that it softens and feels seen, and heard, and cared for.

Reassurance



Then we can go into other strategies like...

...reminding ourselves we're adults,
...that we've always been enough,
...that no matter what happens,
...we got this and we'll be ok.

And, that heck, 70% of the people around us
have felt that way too – they've all forgotten
who they really are as well.

Don't take stock in what you think they think
of you, unless they're coming from love.

Keep Growing



And then we need to:

- a) Seek healing / continue our healing journey,
- b) Recognize and deal with the sources of chronic, draining & destructive stress in our lives
 - e.g. unhealed trauma, being in toxic, abusive work environments or relationships, avoiding and suppressing our emotions, invalidating & being critical of ourselves...

Keep Growing



c) Prioritize our needs and values, and learn to get them met and honored in life-enhancing ways,

d) Take it day by day, moment by moment.

And...

e) Appreciate the fact that it will probably happen again and again in various contexts, so just keep doing A through D.

**I hope this changes the way
you see & ultimately experience
Impostor Syndrome. For more
ideas like these, visit:
HeartRich.ca**

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HeartRich.ca
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