

What has the Imposter Syndrome cost you?

Feeling like a fake and fraud and wanting to avoid discovery tends to create separation, defensiveness and the other behaviours you considered in “**How do you Cope?**”. Now consider the price you’ve paid for feeling that you weren’t good enough, in the context of work.

Use the following as thought starters to stimulate your recollection on what the imposter syndrome has cost you:

- Promotions I’ve avoided or turned down
- Fabulous ideas that will make a difference that I haven’t had the confidence to promote effectively
- New Projects I’ve avoided or turned down
- Help I didn’t ask for that could have made a difference to the success of my project or entrepreneurial idea.
- Collaborations I’ve avoided for fear of being shown up
- Brainstorming sessions I haven’t contributed to
- Teams I’ve not really connected with
- Conversations I’ve backed away from
- New learning I’ve refused perhaps because the feedback felt uncomfortable
- Opportunities to use my voice that I didn’t take up
- Expectations I’ve not stepped up to
- Salary increases I haven’t asked for
- I haven’t really brought me to work
- Experiences I’ve had that I could have shared
- Skills I could have contributed that would change outcomes
- Skills I have that I could have passed on to colleagues
- Volunteer work I could have become involved in
- Meaning I could have found in the work I do
- Forgiveness or apologies that would have changed relationship(s) at work
- Flexibility that may have brought me wisdom
- Honesty that could have brought me freedom
- Opportunities to take feedback so I could improve my performance
- Career dreams I gave up on



**Feeling like an imposter at
work has cost me ...**

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15. _____

What about other areas of your life?

Work is not the only area of our lives. Again, with your particular profile in mind, how has the Imposter syndrome affected other areas of your life, such as parenting, health, relationships, friendships,



**Feeling like an imposter in
other areas of life has cost:**

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