

February 23, 2021

### The Imposter Phenomenon Workshop

This was one of my favourite workshops by far! It was so informative and interesting to hear about this mental state people often get themselves trapped in. This feeling of being a fraud or incapable of completing a task. Having this knowledge and how it can manifest in people of all ages will help me connect with future students, staff, parents/guardians, and administrators.

How can it manifest? For some people this fraudulent feeling can create a lack of motivation, low self-esteem and a fear of success, so they do not try. They accept defeat so to speak. Often this results in a depression, and a lack of living. They just go through the motions of life never putting in too much and accepting their lack of self-efficacy and self-esteem as fact forever. For other people it manifests as perfectionism, self-enhancing and fear of failure. This approach becomes maladaptive perfectionism, as they do not learn from mistakes and drive themselves crazy if they are not perfect at all times. This constant need to be perfect can cause anxiety, as well as a hard crash if they do not meet their high expectations.

Two of the cognitive strategies they suggested for dealing with this were restructuring and diffusion. For restructuring it is this notion of rethinking why you think this way and would you speak the way you do to yourself, to someone else? For diffusion it is noticing your triggers and knowing how you will react before it happens, so when it does happen you can say this is just my "not good enough story". These strategies seemed really useful to me, because they are about self-reflecting on a problem and figuring out how to manage it or stop it.

I love that kind of self-reflective work. Finding the problem, its root cause, its possible triggers and then figuring out how to manage it or stop it, shadow work is what it is called. It is so underrated! Know Thyself!