



THE IMPOSTOR SYNDROME SOLUTION

THE EMOTIONAL HEALING BLUEPRINT

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## COURSE INTRODUCTION



You are not a fraud. You are worthy of your successes and achievements. The anxiety and insecurity you experience at the thought of being discovered as a fake are unfounded. In fact, you are well deserving of all the recognition and accolades you receive for your efforts and the positive results they create.

**You may suffer from imposter syndrome if you have difficulty believing those statements.**

It is a debilitating condition that can cause real damage to a person's life. They don't feel capable of doing anything meaningful. There is a belief that they are unworthy of praise and respect. A person suffers unending dread that they will be discovered as an impostor, and it's only a matter of time before that happens.

Some people intentionally pretend to be something they're not. That's not the case with impostor syndrome. People that battle this perception usually don't deserve this negative self-image, and they don't intentionally feel this way.

They are skilled and successful. Yet, in spite of their ability to perform at a high level, they can't internalize the joy their efforts should give them. They are certain that any day now they will be revealed as a phony, a fraudulent pretender instead of a capable achiever worthy of their accomplishments.

Unfortunately, this is a far too common belief.

Just as unsettling is that those suffering from this distorted self-image usually don't realize how incorrect their beliefs are. This can lead to a lifetime of unhealthy relationships, self-doubt and self-hatred, anxiety and depression, and self-destructive behavior.

This course was designed to help you avoid that experience. It can help you identify impostor syndrome in yourself and others. You are then given the tools to combat this limiting belief.

In Module 1, *Decoding Impostor Syndrome*, you learn how this self-defeating mindset develops. There are certain situations that trigger feelings that you are a fraud. Then we'll discuss the five major types of impostor syndrome and its impact on relationships, mental and emotional well-being, and career growth.

Module 2, *Spotting Impostor Syndrome*, is all about identifying this condition in yourself and in others. It springs from negative self-talk as well as certain physical and behavioral symptoms. You learn to spot particular interpersonal interactions that reveal this condition might be at play. These include a reluctance to accept praise and frequently comparing yourself to others.

Discovering how to embrace who you are as a unique and worthwhile person is the subject of Module 3, *Strategies to Step into Your Authentic Self*. You are given

tools to help you celebrate your successes and recognize yourself as a capable achiever worthy of praise and recognition.

Module 4 is titled Sustaining Your Authentic Self. It teaches you methods for maintaining a positive and authentic self-image long-term. You do this by setting smart boundaries, journaling, and rejecting the need for external validation.

After you have completed this empowering course, you will identify yourself as having the ability to create positive results in your life. You embrace your authentic and unique self-image while understanding how to confidently navigate self-doubt and impostor feelings.

Everyone deserves to feel good about themselves, you included. You have skills and abilities which deserve praise and recognition. You aren't an impostor, a fraud or a fake. Embracing those beliefs is possible, so you recognize yourself for the talented, capable achiever that you really are.