

OVERCOME IMPOSTER SYNDROME



RESOURCE CHEAT SHEET

Everybody feels like an imposter from time to time. However, you will want to make changes if those feelings stick around. Imposter syndrome can hold you back from success and makes it harder to recognize good opportunities. These links contain plenty of helpful information that you can use to beat imposter syndrome.

What is Imposter Syndrome?

These sources will help you understand imposter syndrome, so you can recognize it easier.

- [What Is Imposter Syndrome?](#)
- [Imposter Syndrome: Signs, Causes, Overcoming](#)
- [Feel like a fraud? - American Psychological Association](#)
- [Impostor Syndrome: Symptoms, Types, and How to Deal With It](#)
- [Imposter Syndrome: What It Is & How to Overcome It](#)

How to Recognize Imposter Syndrome in Others?

Learning to see this syndrome in others will help you make others feel more comfortable working with you. These links provide all the most common signs in detail:

- [Imposter Syndrome: Definition, Symptoms, Traits, Causes](#)
- [Imposter Syndrome | Signs, Symptoms, and Treatments](#)
- [9 Telltale Signs You Have Impostor Syndrome](#)
- [12 Signs You Might Be Suffering From Imposter Syndrome](#)

Types of Imposter Syndrome

There are different forms of this negative thought process. If you know the types you suffer from, you can manage them better. The following resources will help:

- [5 Different Types of Imposter Syndrome \(and 5 Ways to Battle Each One\)](#)
- [The 5 Types of Impostors: – Impostor Syndrome](#)
- [This Flowchart Helps You Identify Imposter Syndrome](#)
- [The Five Types of Imposter Syndrome | The Recovery Village](#)
- [Different Types of Imposter Syndrome in the Workplace](#)
- [Five types of Impostor Syndrome \(and how to manage them\)](#)
- [There Are 5 Types of Imposter Syndrome—Here's How Each Operates in Quarantine](#)

Imposter Syndrome and Anxiety

Imposter syndrome has been linked with anxiety. Learning to manage one can assist you in dealing with the other.

- [A Psychologist Explains How to Deal With Imposter Syndrome](#)
- [Commentary: Prevalence, Predictors, and Treatment of Imposter Syndrome: A Systematic Review](#)
- [Prevalence, Predictors, and Treatment of Impostor Syndrome: a Systematic Review](#)
- [A Psychologist Explains How to Deal With Imposter Syndrome](#)
- [Feeling Like Impostors](#)
- [Imposter Syndrome: The Truth About Feeling Like a Fake](#)

How to Deal With Imposter Syndrome

If you have imposter syndrome, it is essential that you learn how to manage it. That way, you can start taking important opportunities and feel satisfied with your work again. These sources focus on teaching people to deal with imposter syndrome.

- [Impostor syndrome: Symptoms, types, and how to deal with it](#)
- [10 Steps You Can Use to Overcome Impostor Syndrome](#)
- [9 Ways to Deal With Imposter Syndrome Before It Hinders Your Success](#)
- [How to Overcome Impostor Syndrome](#)
- [Yes, Impostor Syndrome Is Real. Here's How to Deal With It](#)
- [Overcoming Imposter Syndrome - Harvard Business Review](#)
- [Overcome Impostor Syndrome: What to Do When You Feel Like a Fraud](#)

What Causes Imposter Syndrome

There are several possible causes of imposter syndrome. These sources detail some of the most common ones. Knowing the root of how you are feeling can help you manage negative thoughts.

- [What causes the Imposter Syndrome?](#)
- [What is Impostor Syndrome? Causes, Symptoms, and Types](#)
- [Imposter Syndrome: Why You Have It and What You Can Do About It](#)
- [Imposter Syndrome Treat the Cause, Not the Symptom](#)
- [What is Imposter Syndrome, and how does it impact me?](#)

Imposter Syndrome in Parents

Some parents may feel like they are “frauds”, which can be a normal part of being a new parent. What’s not normal is when these feelings continue to stick around for a long time.

- [Imposter Syndrome as a Mom: How to Overcome It](#)
- [Do You Have Mompostor Syndrome? | Psychology Today](#)
- [Motherhood Imposter Syndrome - The New York Times](#)
- [Imposter Syndrome Makes Parents Feel Unqualified](#)

Imposter Syndrome in Children

Imposter syndrome tends to stem from our childhoods. Here are some sources you will want to read:

- [How to Prevent Impostor Syndrome in Your Child](#)
- [Do your children suffer from Imposter Syndrome?](#)
- [The Curious Case of Impostor Syndrome](#)
- [It's Not Just Adults — Kids Struggle With Impostor Syndrome And Low Self-Esteem Too](#)