



Strategies to beat the imposter phenomenon

Tip 1 Break the silence

Almost everyone has these thoughts, but we do not dare to talk about it. Knowing you are not the only one can be encouraging.

Tip 2 Call these thoughts the parrot on your shoulder

These thoughts come from the parrot on your shoulder and you do not have to identify with these thoughts any longer. That makes it easier to move to tip 3.

Tip 3 Do not believe everything you feel

Feeling a fraud does not make you one.

Tip 4 Know when you feel like a fraud

In some cases it makes sense that you feel like an intruder: when you are the only foreigner, the only woman, the only student, the only one with no technical background, etc. But that does not make you a fraud.

Tip 5 Be kind to yourself

What would you say to a good friend about his or her feelings of being a fraud? Say something similar to yourself.

Tip 6 Learn from mistakes

Do not punish yourself when you make a mistake. No, this is not a sign that you are a fraud. Just learn from it, like professional sportsmen do.

Tip 7 Collect hard evidence

Your parrot is lying; only looking at what went wrong. Feed the parrot with examples of what went right.

Tip 8 Visualise your success

Do not think about what can go wrong but visualise your moment of glory (like having your paper published).

Tip 9 Do not think about other people's opinions

You do not know what somebody else thinks. Most people are simply busy thinking about themselves.

Tip 10 Fake it till you make it

Do not wait until you have enough confidence but do it now! The confidence will follow later.