

Smash
IMPOSTER SYNDROME & SELF-DOUBT
5 DAY FREE CHALLENGE

WITH
Colleen Sodano



DAY 3

Your Behaviours -
Coping Mechanisms



Colleen Sodano
COACHING

WHAT BEHAVIOURS HAVE YOU DEVELOPED BECAUSE OF IMPOSTER SYNDROME AND SELF-DOUBT?

IDENTIFY YOURS

- Overpreparing and hard work
- Holding back
- Maintaining a low or ever-changing profile
- Use of charm or perceptiveness to win approval
- Procrastination
- Not finishing
- Self-sabotage

To be clear: None of these coping and protecting behaviours do anything to actually alleviate your impostor feelings. That's not their job. Their job is to keep you safe from harm by avoiding the shame and humiliation of being unmasked or found out.

Your biggest fear as an imposter is being found out and so you use these behaviours as strategies to stop being found out or to hide that you are nothing but a so-called 'fraud'.

In other words, you really are trying to take care of yourself. Most impostors rely on one strategy more heavily than others. Don't be alarmed, however, if you employ multiple coping mechanisms. It just means you're really taking care of yourself

MY BEHAVIOURS ARE :

WHAT ARE YOU GETTING OUT OF IT?

Complete these questions :

What does my behaviour help me avoid?

Eg. If you never push yourself intellectually, you avoid the humiliation of trying and coming up short. If you never finish writing your dissertation or your business plan, you don't have to show your work to others, which keeps you from receiving negative feedback

Your Answer

What does my behaviour help protect me from?

Eg. By constantly changing jobs, you protect yourself from finding out that possibly couldn't go higher. If you maintain a low profile, you protect yourself from scrutiny.

Your Answer

What does my behaviour help me get?

Eg. when you put in eighty-hour workweeks, there's a good chance you'll be recognized by higher-ups. When you constantly call your friends to anguish over what you are convinced will be an impending failure, you're probably going to get a lot of sympathy and stroking. When you keep a low profile, you automatically get a degree of security and safety. And in a very practical sense, when you procrastinate, you get more time to do things that are more fun—or at least easier than whatever it is you're putting off doing.

Your Answer

WHAT'S IT COSTING YOU?

Complete these statements :

If I never change this pattern ...

Example

- I'll only get safe, dead-end jobs that don't fully utilize my gifts and passions.
- I will live with the regret of never knowing how far my talents and effort could have taken me.

Yours

The Price I'll Pay is ...

Example

- I'll earn less money, which will limit me from doing things I want to do in life.
- I won't get to meet valuable mentors and contacts who can help me achieve my goals.

Yours

The opportunities I would miss would be ...

Example

- I'll never learn what I need to know to advance in my field.
- The excitement, challenge, and growth involved in flexing my mind and enjoying my own progress.

Yours

The options and possibilities that would be closed to me would be ...

Example

- The option of taking my career (or business) to the level I know it can reach.
- Other more challenging and satisfying job possibilities.

Yours