



Episode 112: Why We're Ditching the Term 'Imposter Syndrome'

with Dr Sarah Goulding

Professionals with high-stress jobs often experience self-doubt and the fear of not being good enough. Questioning yourself can lead to some self-destructive behaviours, but it can also be helpful — if you can harness it. In this episode, Dr Sarah Goulding joins Rachel in discussing the roots and causes of imposter syndrome. We also discuss self-doubt and why it can, in fact be helpful – but not if it turns into unhealthy perfectionism. This can mean that you are more afraid to take on new roles just because you feel like you're not good enough.

If you want to get over your imposter syndrome and practice self-compassion, then this episode is for you! Help yourself and help others help you.

Podcast links

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Guest links

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Quote to remember:

'I think it's particularly common when people have reached what they consider or what the hierarchy considers the pinnacle, or because they get there, and then they're expected to do more stuff...How do I prove that I have the personal skills to perform highly in the way I would like to?'

What You Will Learn

No one is truly free from the fear of not being the best. We tend to think that we must be great because we feel like we're not worthy unless we're not. But we should always give ourselves the benefit of the doubt.

This activity serves as a reminder to be a little kinder to yourself. You are already doing your best. You don't always have to be perfect all the time. You don't need to always live up to others' expectations of you. If you think about how other's see you, you're denying yourself the chance to be seen how you should be. Mind how you see yourself before stressing over others' perceptions of you.

The feeling of not being good enough may sometimes push you to work harder and be better. Filter your feelings to help them become healthy thoughts.

Completing this short activity will also help you realise how much your thoughts affect your feelings. Once you see the problem may be with how you see yourself, you can make some changes. By doing so, you will establish a healthier relationship with yourself. And you'll also foster more harmonious communication with your peers.

Finally, this activity will help you gain new ways to take a break and get some downtime to rearrange your thoughts.



Activity: Reassess and Realign Your Thoughts

Q1. List the things that currently worry you. Identify whether they are internal or external issues.

Q2. How do you usually feel when you're about to start a new job, project or role?

Q3. What are your usual thoughts when you have to take the lead in something, such as a project?

Q4. When do you feel confident about your abilities? What factors make you feel confident at those times?

Q5. How do you deal with the feeling of self-doubt?

Q6. Would you consider yourself a perfectionist? Why?



Q7. How often do you really question your thoughts? What do you feel when you do this?

Get a clean sheet of paper or notebook. Try writing a journal entry for today. It can be anything: a stream of your consciousness, an organised description of the day, a pretend letter to someone or something else entirely.

Q9. What did you notice after writing in your journal?

Q10. Do you think journaling helps rearrange and recognise your thoughts? Why or why not?

CPD time claimed:

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