

Imposter Syndrome-7 Statements Which Send It Packing

There's never a good time to feel like you don't belong. It can be annoying to have Imposter Syndrome crop up unexpectedly. This is true, especially when it seems to be everywhere: at work, in your social interactions, even in dealing with your kids. How can you get a handle on these negative thoughts and all those feelings like you're never going to be good enough or you are not a real artist, quickly, before it becomes a way of life?

You start by telling it off. Try these statements:

“You’re a Nobody”

In fact, why not name your Imposter when it shows up to make trouble. Tell that "Nagging Nelly" to take a hike. Make "Mumbling Mike" take his criticisms elsewhere. Giving Imposter Syndrome a name does take the sting out of what it has to say. Who's going to listen to someone named "Grumpy Gus"?

“I’m Going to Tell”

Sharing with others can be very helpful when dealing with Imposter Syndrome. After all, the Imposter would have you isolate, lest the world finds out just how awful you are. But when you draw others close, you're going to find out you have people who genuinely love and respect you...and for a good reason. Imposter Syndrome can't stand up to this kind of love and support.

“I Don’t Have Time for You”

It takes a lot of real estate in your calendar to worry about what others are thinking all the time. Instead of dwelling on negativity which serves no one, why not get busy doing something else? Throwing yourself into a project or spending time with people who build you up will keep you so preoccupied, you won't have time to get lost in the downward spiral of Imposter Syndrome.

“I Know More Than You Think”

Imposter Syndrome will convince you you're a fraud. It will dig in and point out how little you know and threaten you with showing the whole world just how ignorant you are. But you can't be touched by these kinds of thoughts when you're secure in your skillset, know your knowledge, and embrace your expertise. Make a list of all the great things you do know with certainty and show Imposter Syndrome just how smart you are.

"I Belong"

Imposter Syndrome will never allow you to feel at home anywhere. You're never good enough in your art, relationships, job, or even in your own home. Don't even let these thoughts get into your head. Tell Imposter Syndrome you're right where you want to be. Furthermore, you're right where you *deserve* to be.

"I Am Amazing"

In the end, the only thing left to do is to embrace the funny, quirky, smart, silly, and exceptional person you are. Imposter Syndrome has no business messing with someone as awesome as you. You've got better things to do with your life! Take a moment and be grateful for the amazing individual that you are.

"I Have Amazing Original Thoughts"

Understanding Your Schemas and How They Limit Your Imagination. Here's a fun exercise: Imagine, for a moment, that you're in a posh restaurant with your family, celebrating a meal. Take a moment to really picture the scene and to think about the tablecloth, the walls, and the people. And you're back! Now, assessing the scene you just visualized, let me ask you: was the décor largely red or dark red? Was there quiet, classical music in the background? Was the restaurant quite full? Were you at a round table? Were there waiters with white cloths over their arms and silver platters in their hands? If you answered yes to many of these questions, then that probably means you were relying on your 'schema', and it might be hampering your imagination.

What is a Schema?

When you picture a scene in your mind, your brain has to draw on past experience in order to come up with something. It would take much more effort

to pick out the tablecloth, the curtains, and the music all individually, and so, instead, it goes with the 'average' of what you have often seen. This is what you call your 'schema'. The restaurant that I just described is a common schema for many people, because it is the scene that we will often see on TV or in films. We have schema for all kinds of things, meanwhile, varying from people to professions to places. Incidentally, we all have a schema for what a 'person' looks like, and when we watch cartoons, we tend to project this image onto them. This is why characters in Asian anime cartoons look Western to people in the US and UK but look Asian to people in China and Japan!

What's Schemata With That?

Schemas are not problematic and, in fact, are a very useful tool that allows our brain to work faster and more efficiently. However, the problem occurs when we are trying to be imaginative and to create a scene or even an idea from scratch. Very often, unless we sit down to really think of unique ideas, we will simply pull out the most prevalent 'schema' for our restaurant scene or our living room scene, and this can come across as a little unimaginative. So, if you're creating a new canvas with a story telling motif, make sure that it's really you who's generating those ideas, and think outside the box a little!