

# Impostor syndrome

Impostor syndrome is the feeling that you're not good enough to do something, even though you actually have all the skills you need. When people feel impostor syndrome, they usually feel like everyone else will think they're bad at what they do. Many people feel impostor syndrome about their job.

Impostor syndrome is very common for people who sometimes feel like they don't belong, like:

- People with diverse abilities
- 2SLGBTQ+ people
- Newcomers
- Indigenous people

If you're part of any of these groups, you might feel impostor syndrome because the people and systems around you don't support you enough.



Impostor syndrome isn't your fault. Some of your past experiences might make you feel like you're not good enough, or like there are lots of things standing in your way. You can't control those things, but you can accept that you really are good enough.

## Self-check

Check the box that sounds the most like you.

Example	Yes	No	Not sure
Do you feel like you aren't good at your work, even though you have the skills or training you need?			
Do you feel like you're only pretending to be good at your work?			
Do you feel like someday the people around you will figure out that you're not actually good at your work?			
Do you feel like people like you aren't supposed to be good at your work?			

If you answered yes to any of these questions, you might be feeling impostor syndrome.



## Dealing with impostor syndrome

Here are some tips you can try to help you feel impostor syndrome less often. Put a check next to any tips you want to try.

- Make a list of things you know you're good at. Put it somewhere you'll see it every day, like on your fridge or bedroom door.
- Say one positive thing to yourself every day, like "I can do this."
- Talk to a friend, family member, or co-worker you trust. Ask them to help you remember why you're good at your job.
- When someone gives you a compliment, believe them. You can write the compliment down to help you remember it later.