

# Creating Your Imposter Monster



The main anxieties that arise from the impostor phenomenon is rooted in the thoughts you have about your own ability as well as how others perceive you. The aim of this worksheet is to help identify those thoughts and create an entity you can send them to when they arise. This allows you to stop ruminating over these fears and put them to one side and help you get on with your work or ask for help.

## Task 1: Identify the Thoughts

When you think about work, university, or revision, what thoughts come across your mind? You can write them down in the space below or use a separate notebook. Afterwards, highlight the thoughts that might be the impostor phenomenon.

## Task 2: Create your Imposter Monster

It has been proven that being able to visualise your impostor thoughts can help you to compartmentalise them and separate them from your other thoughts. Being able to give those thoughts a name makes it easier for you to spot when you are experiencing the impostor phenomenon.

Using the space below, bring your thoughts to life! Draw what you think your Imposter Monster would look like!

Now whenever you feel like you are doubting yourself or whether you belong in a class, university or workplace, take a hold of those thoughts and say that it is just your Imposter Monster talking and put it to one side.

## Task 3 (Optional): Create your Radical Hero

Sometimes your brain might need a bit more support when dealing with impostor thoughts. If you are struggling with combatting those thoughts, create a Radical Hero who can fight them off for you. Whenever you think the Imposter Monster is making an overwhelming appearance, imagine your Radical Hero fighting them off and giving you the confidence boost you need.

This worksheet has been inspired by the TedTalk [“The Surprising Solution to the Imposter Syndrome”](#) by Lou Solomon