

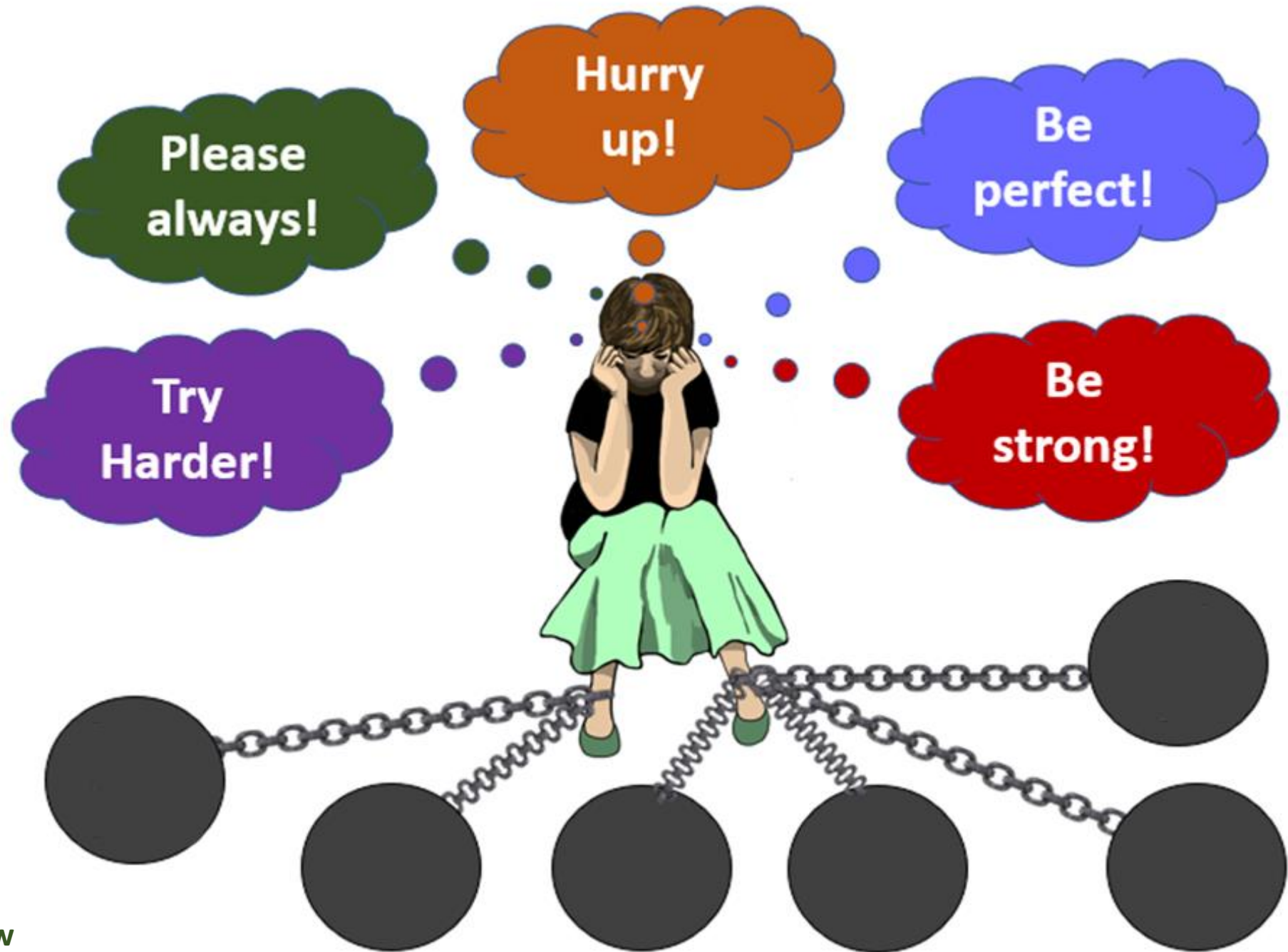
We hope you will find these handouts useful to use with clients. Thank you for respecting the work that has gone into producing the slides. We would kindly ask you to contact us if you wish to use them in any other context, eg for training courses.

THANK YOU!



From an idea by
Adrienne Lee
(The Drowning
Man)





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(The Drowning
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**Adult
'Solutions'**

**Childhood
Scripts**



5 Types of Imposters (Dr Valerie Young)



The Perfectionist
*One minor flaw =
failure*



Super Man/Woman
*Falling short in any role
evokes shame – you
should be able to handle
it all, perfectly and easily.*

The Natural Genius
*Competence is being fast
and mastering a subject
or skill easily. If you
struggle or don't get it
right first time, this is
failure = shame.*

5 Types of Imposters (Dr Valerie Young)



The Expert

Even a minor lack of knowledge denotes failure and shame

The Soloist

You have to figure out everything on your own - needing help is a sign of inadequacy

