



**Deep Release Online**  
*Professional Training for Counsellors*



# Low Self- Worth and Imposter Syndrome

# How real can I be?

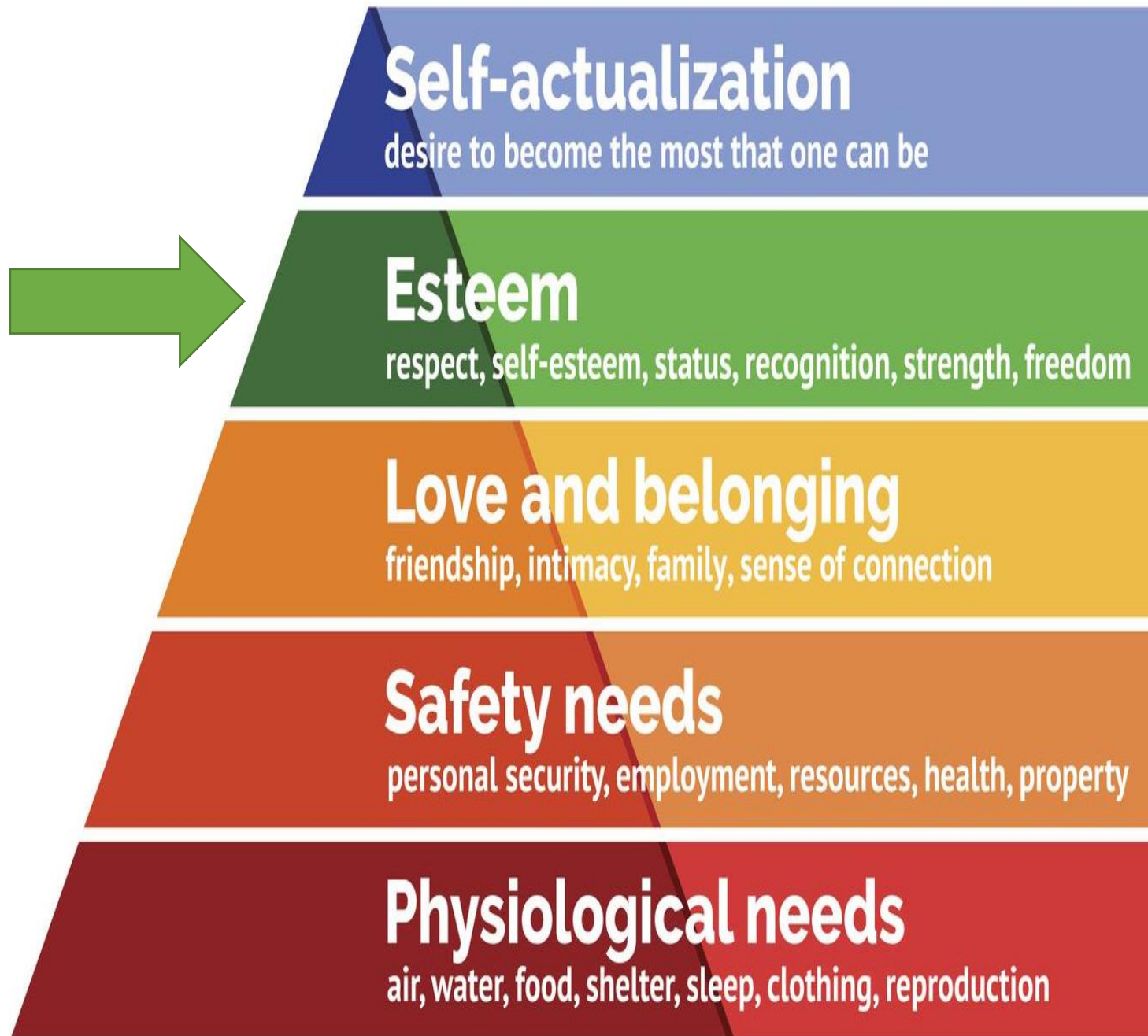


# How real can I be?









## SELF-ESTEEM

### I have received:

- (a) Secure Attachment: I have a core sense of security and value; I like myself
- (b) Encouragement: my efforts and achievements have been valued; other people like who I am and what I do

### I have internalised:

- (a) Self-worth: I have value and deserve dignity
- (b) Self-esteem: I have confidence in my abilities and my potential



**Hold me  
sensitively**

**Accept me  
unconditionally**

**Love me  
unreservedly**

**Be there  
for me when  
I need you**

**Fill me  
generously**

**Touch me  
comfortingly**

# The Secure Child (Donald Winnicott)



**I am OK!**

**It's ok to  
be me!**

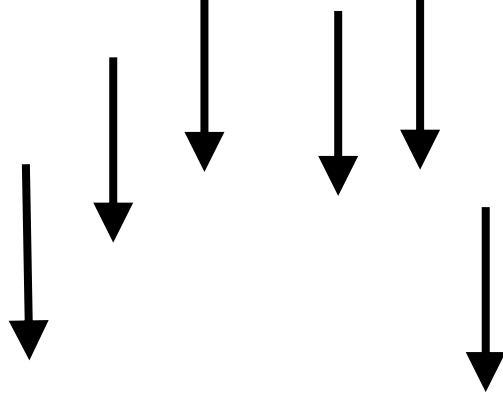


**I am worthy  
of love!**

**Safe &  
secure**



# Children at Risk



***“Unthinkable Anxiety”***



# Children at Risk

**Numb out...**

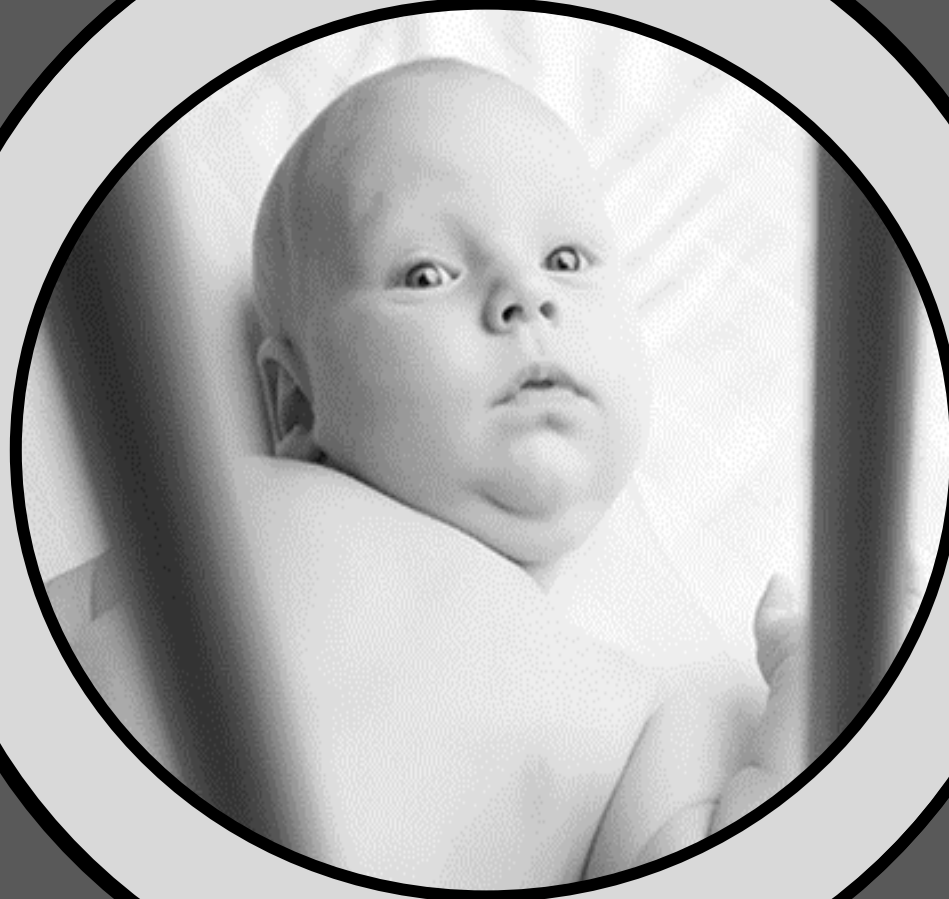
**Anxiety...**

**Stress  
hormones...**

**Fear...**



I'll be ok if...



**FALSE SELF**

# Defences & Pretences

## Go Away!

I'M OK

I DON'T  
NEED YOU

Confusion



Confusion

I'LL BE WHO  
YOU WANT  
ME TO BE

# Defences & Pretences

## Don't leave me!

I'LL DO WHAT  
YOU WANT  
ME TO DO



I can do this!



I have the right experience





I'm gonna say  
something  
stupid...

I'll look a  
fool...

I don't  
know  
enough...



# TA: Injunctions/Counter-injunctions (Drivers)

From an idea by  
Adrienne Lee  
(The Drowning  
Man)



**Adult  
'Solutions'**

**Childhood  
Scripts**

**Building the False Self**







# Imposter Syndrome

- Not being able to internalise accomplishments and successes, and attributing them to luck
- Minimising successes and internalising failures instead
- Thinking you're a fraud and that *it's only a matter of time before everyone finds out*



*Something for your Inner Child!*

## THE STROKE OF MIDNIGHT

Please stop your video  
for better sound and  
picture quality





# Share in Buddy Groups

*Share your own experiences of wearing a mask, and of feeling like an imposter*

**15 minutes**



BREAK TIME



**5 MINUTES**

# Where did the term ‘Imposter Syndrome’ come from?

Pauline Clance and Dr. Suzanne Imes first coined the term “impostor syndrome” when they published *“The Impostor Phenomenon in High Achieving Women: Dynamics and Therapeutic Intervention”* in 1978.



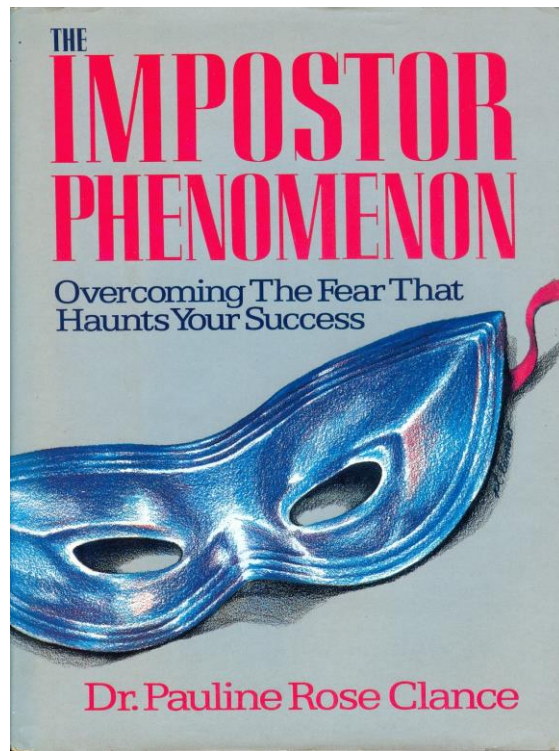


# What is a “Syndrome”?

*A group of symptoms which consistently occur together, or a condition characterised by a set of associated signs or symptoms.*

*It is not a disease, disorder, defect or medical condition and therefore does not require treatment, prevention or a cure.*

**Apparently....**

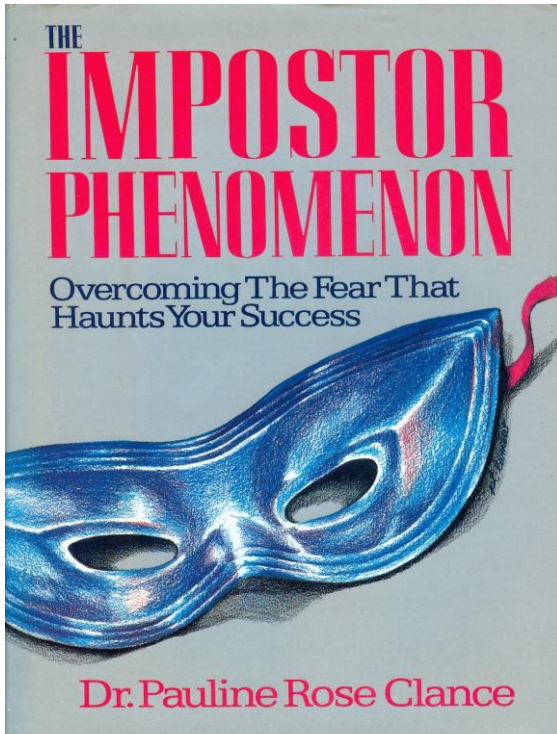


**Most people who experience the Impostor Phenomenon would not say, “*I feel like an impostor*”. Yet, when they read or hear about the experience, they say, “*How did you know exactly how I feel?*”**



**And how do they feel?  
Even though they are often very successful by external standards, they feel their success has been due to some mysterious fluke or luck or great effort.**



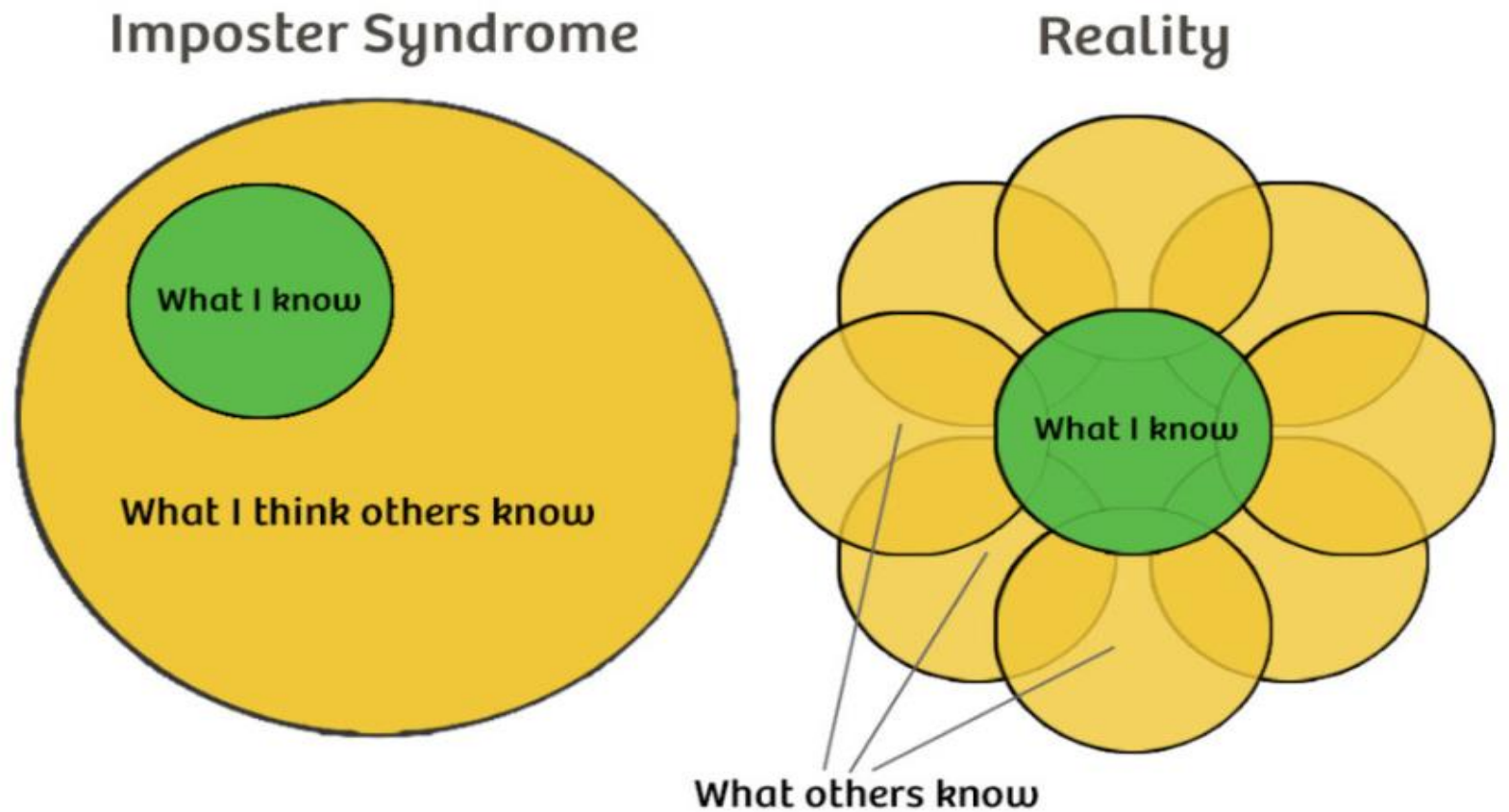


**They are afraid their achievements are due to “breaks” and not the result of their own ability and competence.**

**They are also pretty certain that, unless they go to huge efforts to do so, success can not be repeated. They are afraid that next time, *I will blow it.***



Suzanne Imes



***"I focus on self-acceptance and growth rather than on pathology and "change". I believe we are all in this together; I take the journey with my clients rather than thinking I know what is best for them. I think questions are often more important than answers. My motto is: less judgment, more curiosity."***

Image from  
Agile Coffee

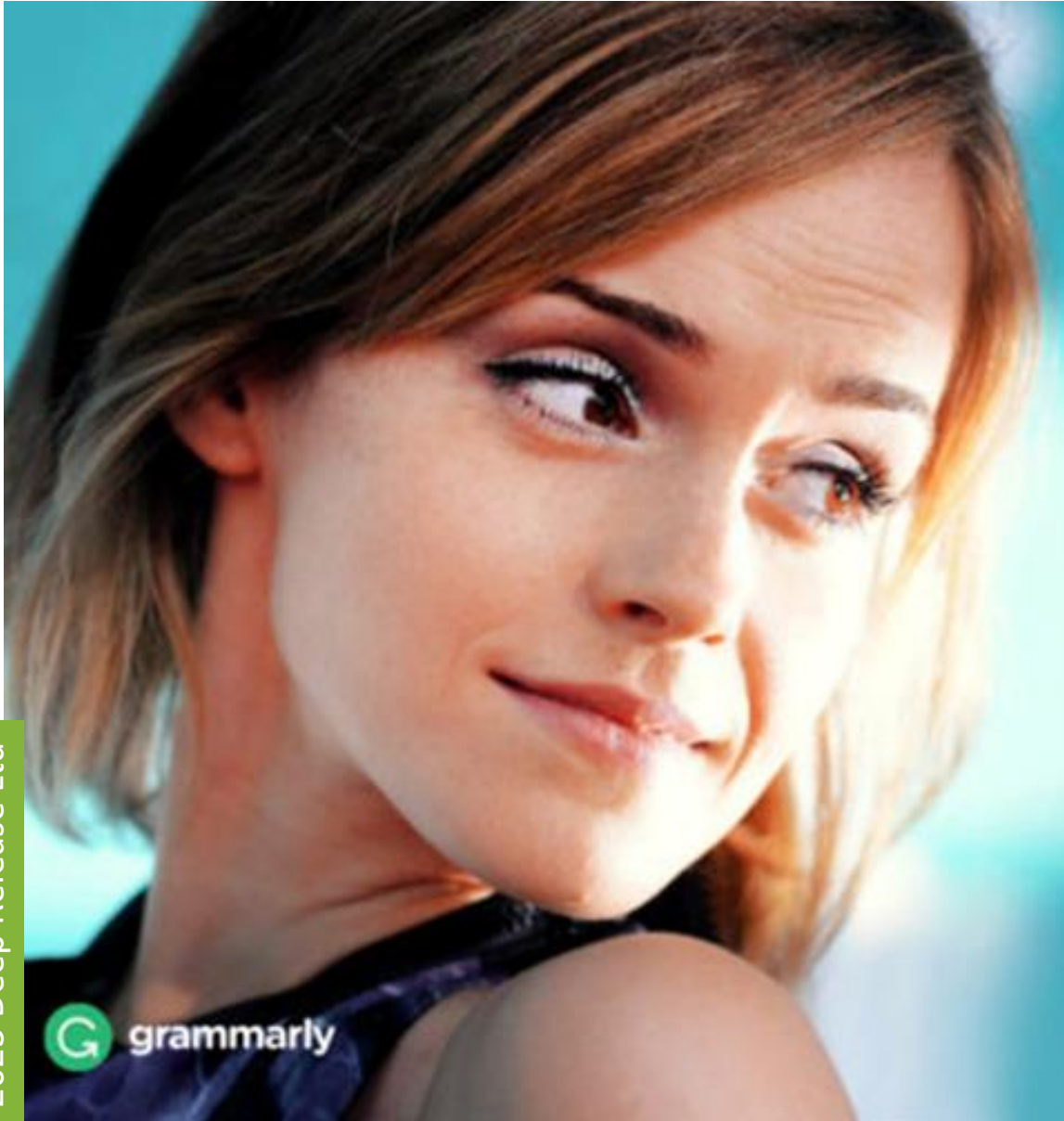
# Things people with Imposter Syndrome think

- *“I’m in over my head, and any day now they’re going to find out...”*
- *“If I can do it, how hard can it be?”*
- *“I’ve managed to fool them so far – I feel ashamed...”*
- *“The tutor only gave me a high mark because they felt sorry for me...”*
- *“I feel like a fraud – I really don’t know what I’m talking about...”*
- *“I’m not going to apply for the job I’d fail the interview anyway...”*





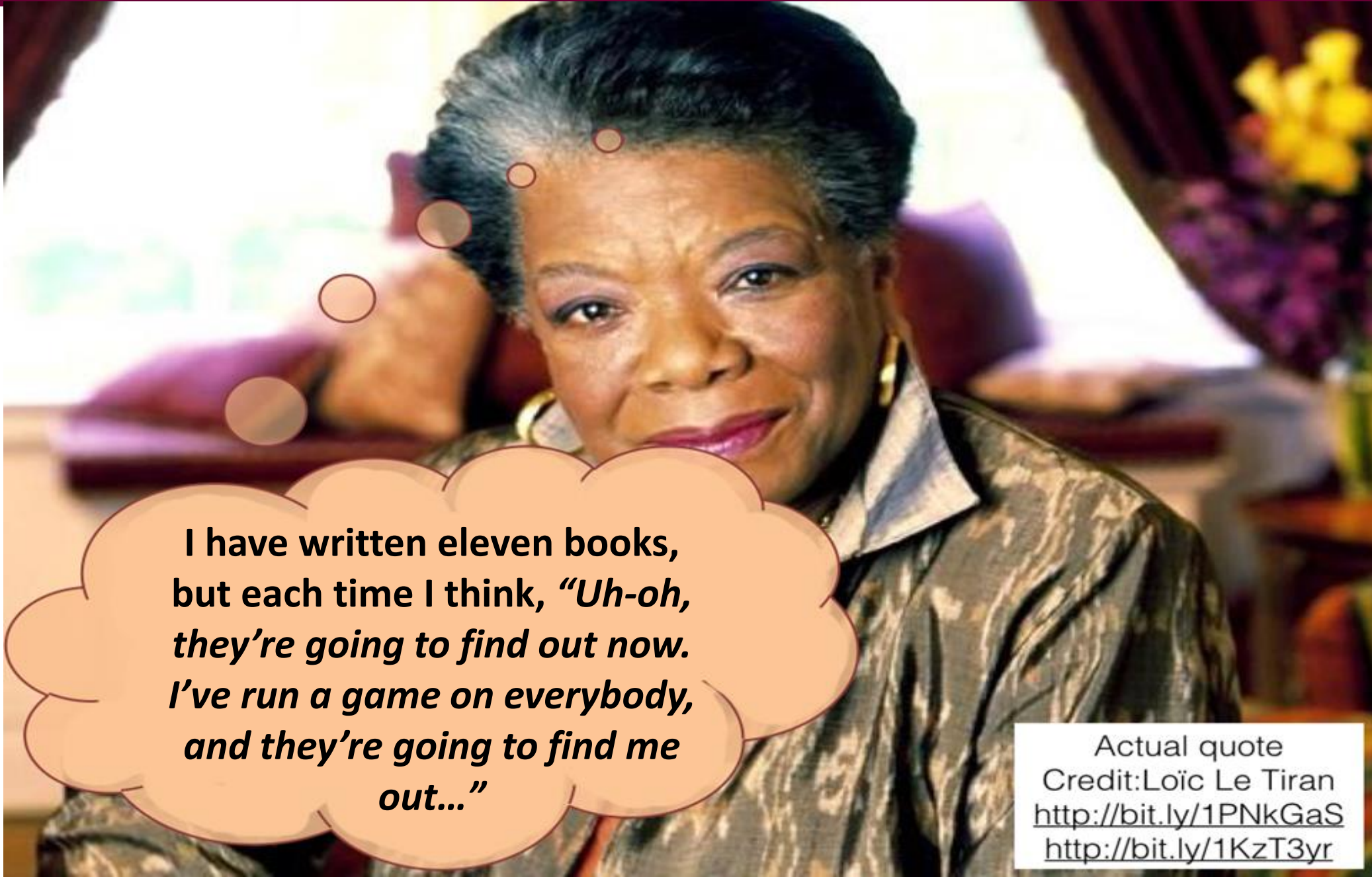
# Famous People with Imposter Syndrome



It's almost like the better I do, the more the feeling of inadequacy actually increases, because I'm just going, *'Any moment, someone's going to find out I'm a total fraud, and that I don't deserve any of what I've achieved...'*

— EMMA WATSON

# Famous People with Imposter Syndrome: Maya Angelou



**I have written eleven books,  
but each time I think, *“Uh-oh,  
they’re going to find out now.  
I’ve run a game on everybody,  
and they’re going to find me  
out...”***

Actual quote  
Credit:Loïc Le Tiran  
<http://bit.ly/1PNkGaS>  
<http://bit.ly/1KzT3yr>



# Famous People with Imposter Syndrome: Meryl Streep



**Why would anyone want to  
see me again in a movie?  
And I don't know how to act  
anyway, so why am I doing  
this?**

Actual quote  
Credit:Loïc Le Tiran  
<http://bit.ly/1PNkGaS>  
<http://bit.ly/1KzT3yr>

# Famous People with Imposter Syndrome: Jodie Foster



*I thought it was a fluke, It was the same way when I walked on the campus at Yale. I thought everybody would find out, and they'd take the Oscar back. They'd come to my house, knocking on the door, "Excuse me, we meant to give that to someone else. That was going to Meryl Streep."*

Actual quote  
Credit:Loïc Le Tiran  
<http://bit.ly/1PNkGaS>  
<http://bit.ly/1KzT3yr>

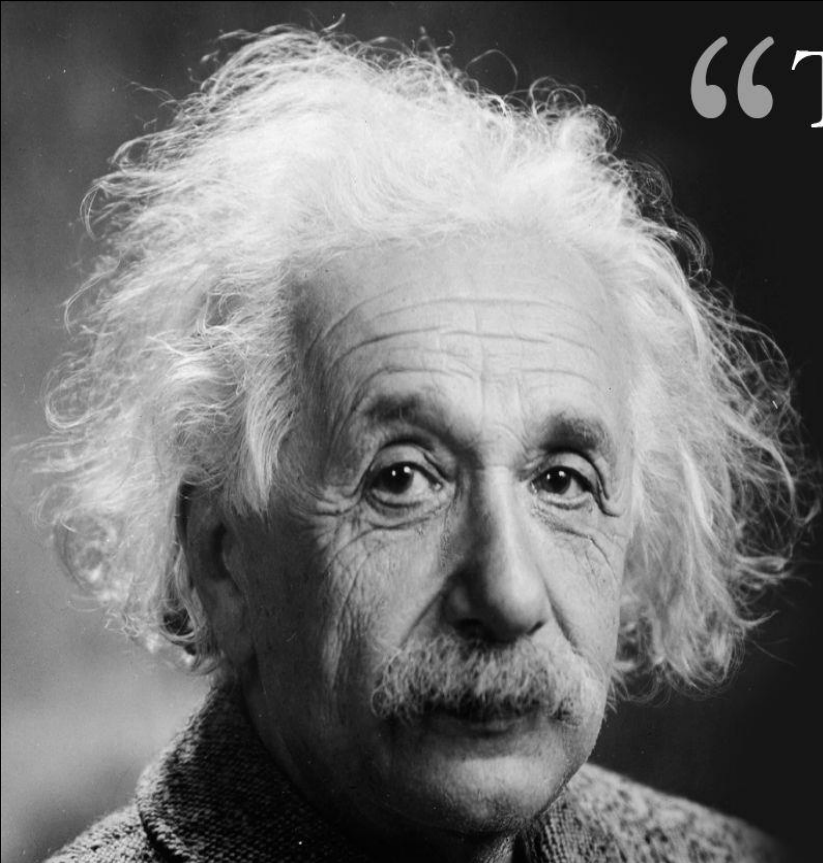


# Famous People with Imposter Syndrome: Kate Winslet



*"I'm a fraud.  
They're going  
to fire me."*  
Kate Winslet

# Famous People with Imposter Syndrome: Albert Einstein



“The exaggerated esteem in which my lifework is held makes me very ill at ease. I feel compelled to think of myself as an involuntary swindler.”  
Albert Einstein



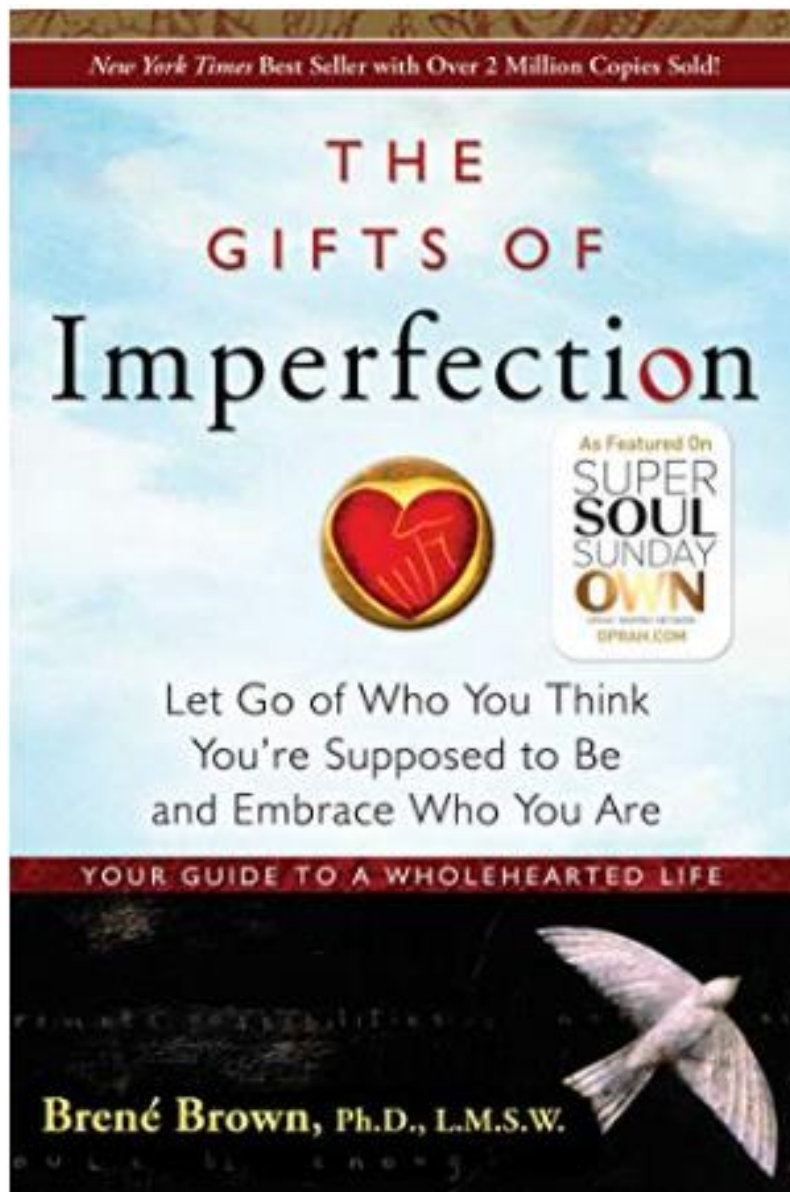
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video for better  
sound and  
picture quality

## David Tennant on Imposter Syndrome



*“The one bad review is the one that resonates....”*





that imposter or phony feeling at work or school rarely has anything to do with our abilities, but has more to do with that fearful voice inside of us that scolds and asks, "Who do you think you are?"

~ Author: Brené Brown



# Victoria Sherratt Pintopoet

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Please stop your video  
for better sound and  
picture quality





# Share in Buddy Groups

*How are you feeling, having heard famous people share their own sense of being an Imposter?*

**15 minutes**



BREAK TIME



**10 MINUTES**



The background of the slide is a light blue color, densely populated with numerous speech bubbles of various colors including red, yellow, pink, and white. Each speech bubble contains a large, dark blue question mark. The bubbles are scattered across the entire frame, creating a pattern that suggests a multitude of questions or comments.

ANY COMMENTS OR  
QUESTIONS?

# 5 Types of Imposters (Dr Valerie Young)

**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 fast and  
how easily you can  
master a subject or skill.  
If you struggle or don't  
get it right first time, this  
is failure = shame.*



**The Perfectionist**  
*One minor flaw =  
failure*



© 2023 Deep Release Ltd



# The Soloist



# Oby's Story



**Please stop your video  
for better sound and  
picture quality**



# Tall Poppy Syndrome



# Tall Poppy Syndrome

- A “tall poppy” is an Australian cultural term that refers to people who stand out for their high abilities, enviable qualities, and /or visible success
- Standing out, in this case, isn't viewed positively.
- In a society that prides itself on egalitarian principals, rising above the pack is considered antisocial and countercultural



# Tall Poppy Syndrome

- The compelling desire to cut high achievers down to size is called the ‘tall poppy syndrome.’
- Australia may have put a label to this phenomenon, but to some extent, it exists everywhere.
- In the workplace, the tall poppy syndrome is the desire to pull down a successful stand-out colleague.



# BREAK TIME



**5 MINUTES**



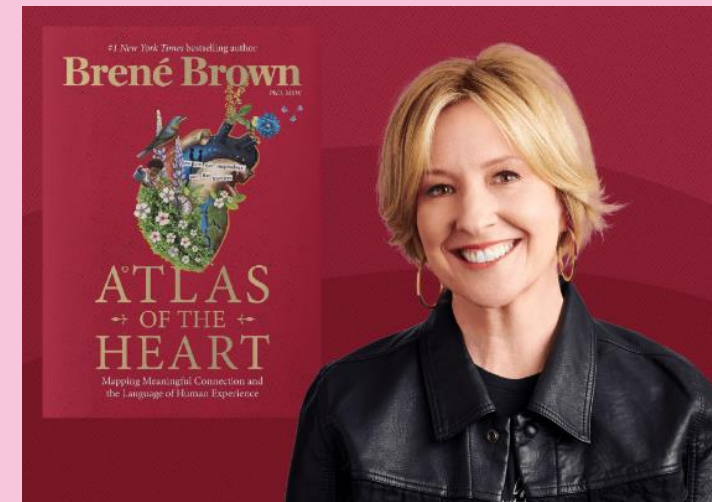
*“I will never let that happen to me again...”*



***“I will never let that happen to me again...”***

***“Shame is the intensely painful feeling or experience of believing that we are flawed and therefore unworthy of love, belonging and connection...”***

***Shame thrives of secrecy, silence and judgment... The antidote to shame is empathy. If we reach out and share our shame experience with someone who responds with empathy, shame dissipates.”***





# Ways of Working with Imposter Syndrome

*“Neuroscience research shows that the only way we can change the way we feel is by becoming aware of our inner experience and learning to befriend what is going on inside ourselves.”*

Bessel van der Kolk, *The Body Keeps the Score*, p. 206



- ***You'll mess up like you did when you forgot the words of your song... (humiliation)***
- ***It's safer not to try, then you won't fail (risk avoidance)***
- ***Don't start what you can't get 100% right (perfectionism)***
- ***Who do you think you are anyway? (disconnection)***
- ***People hate a show-off (tall poppy syndrome)***



# Self-Compassion

**Remember how far you've come, not just how far you have got to go.**

**You're not where you want to be, but neither are you where you used to be.**

**(And it's not a virtue to be down on yourself all the time...)**

# Self-compassion

*“Self-compassion entails being warm and understanding toward ourselves when we suffer, fail, or feel inadequate, rather than ignoring our pain or flagellating ourselves with self-criticism.”*

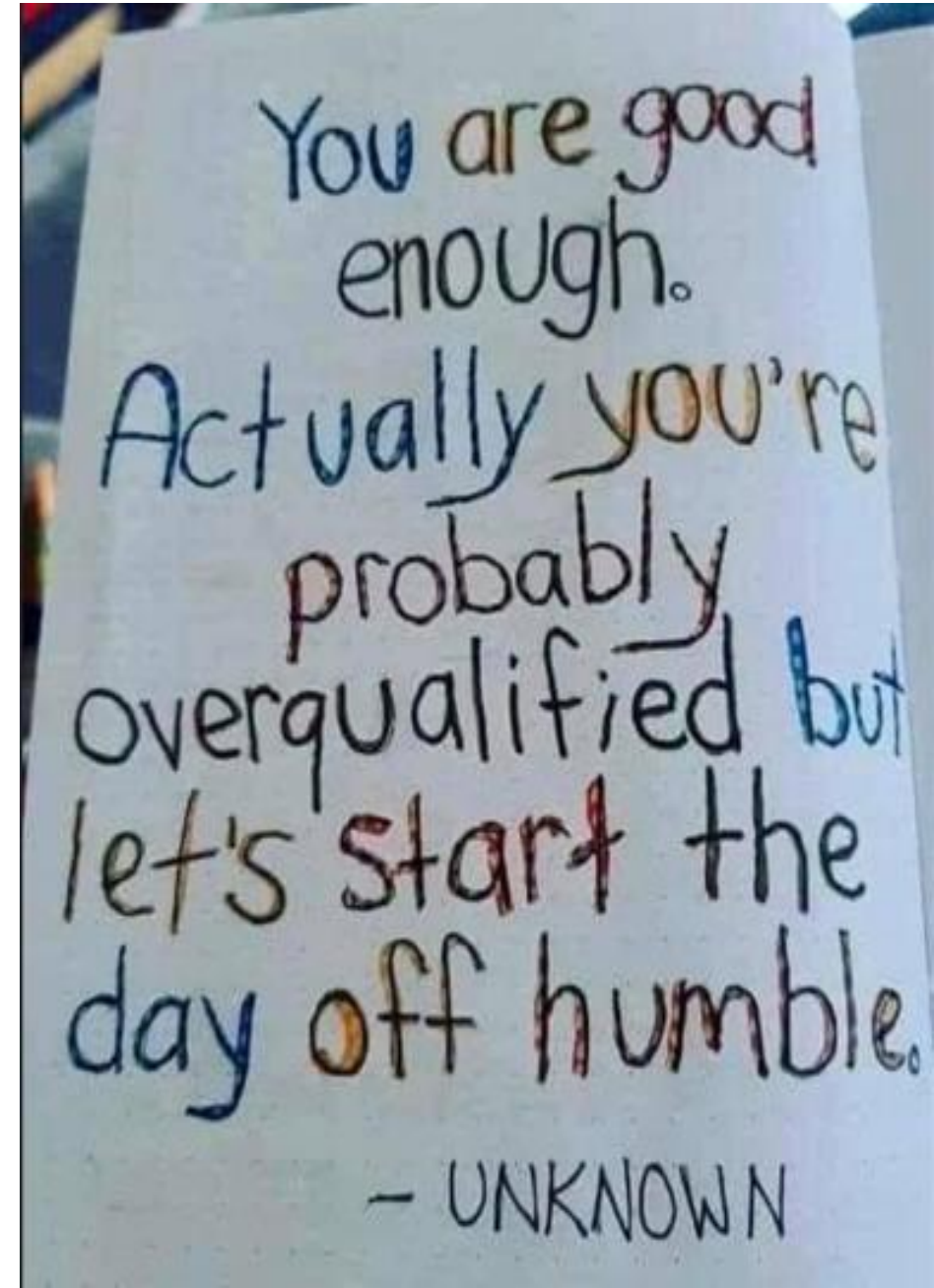
*Self-compassionate people recognise that being imperfect, failing and experiencing life difficulties [are] inevitable, so they tend to be gentle with themselves when confronted with painful experiences, rather than getting angry when life falls short of set ideals.”*





# Ways of Working with Imposter Syndrome

1. **Recognise** the signs of Imposter Syndrome
2. **Realise** that you aren't alone and many people feel the same way
3. **Rationalise** your perfectionism – it's a very harsh taskmaster
4. **Rescript** the past: journal all the great things you've done and stop focusing on the negatives
5. **Resolve** to be more compassionate towards yourself





# Ways of Working with Imposter Syndrome

6. **Reach out** when you need it – asking for help doesn't mean you're a failure
7. **Build good Relationships** with people who affirm you and will counter past messages/scripts
9. **Remember** you're not superhuman - it's ok not to be brilliant at everything and you don't have to know everything
10. **Raise the bar** of your thinking, step out and fulfil your dreams

A quote by C.H. Spurgeon is displayed on a rectangular background with a soft, abstract pattern of overlapping colors including purple, pink, and orange. The text is in a bold, black, sans-serif font.

"To often we engrave our failures in marble and our successes in sand".

C.H. Spurgeon

Hardest part  
about growth,  
the ones who  
don't grow with  
you



# Roles Played in Groups : Building Your Team

## RADIATORS



I warm you up when you stand next to me

## CHEERLEADERS



I believe in you and genuinely celebrate your successes

## LAUGHTER



I share your sense of humour and we have great laughs together

## GOOD LISTENERS



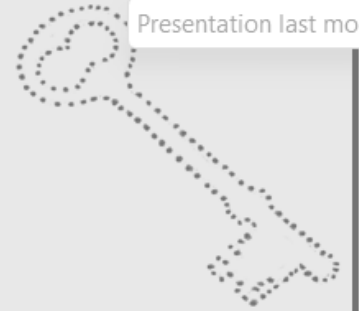
Let's have a cup of tea and sort the world out

## WISDOM



I bring you perspective and discernment

## THERAPIST



I help you find the keys to your recovery and healing

## ROCKS



I give you stability, solidness and safety

## ANCHORS



I hold you steady when the storms come

## CONFIDANTES



I keep confidences, don't judge and don't try to fix you...

## LOYAL



I have your back

## SPIRITUAL ENCOURAGERS



Faith shared and understood

## COACH



I motivate and inspire you to see the changes you want

Presentation last month





**NOTHING HAPPENS**  
*until the pain of* **REMAINING THE SAME**  
**OUTWEIGHS** *the pain of* **CHANGE.**

~ Arthur Burt





# KATY'S THOUGHTS

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**Please stop your video  
for better sound and  
picture quality**





Our deepest fear is not that we are inadequate  
Our deepest fear is that we are powerful beyond measure  
It is our light not our darkness that most frightens us.  
We ask ourselves, *"Who am I to be brilliant, gorgeous,  
talented, fabulous?"*

Actually, who are you not to be? You are a child of God.  
Your playing small does not serve the world.  
There's nothing enlightening about shrinking  
So that other people won't feel insecure around you.  
We are all meant to shine as children do.  
We were born to make manifest  
The glory of God that is within us.  
It's not just some of us. It's in everyone.  
And as we let our own light shine

We unconsciously give other people permission to do the  
same

And we are liberated from our own fear  
Our presence automatically liberates others.

*Marianne Williamson*









# Share in Buddy Groups

*What steps can you take to begin believing in yourself more?*

**15 minutes**



The background of the slide is a light blue color, densely populated with numerous speech bubbles of various colors including red, yellow, pink, and white. Each speech bubble contains a large, dark blue question mark. The bubbles are scattered across the entire frame, creating a pattern that suggests a multitude of questions or comments.

ANY COMMENTS OR  
QUESTIONS?



# Share in Buddy Groups

*Time to say  
goodbye –  
exchange details if  
you wish*

**15 minutes**







# Resources



**PACT LTD**

**Original & Creative  
Counselling Resources**

[www.pact-resources.co.uk](http://www.pact-resources.co.uk)



## **Roles Played in Families Extra Set A**



Erikson's Life Stages



Wheel of Life



Working with Animal  
Figures Online Pack



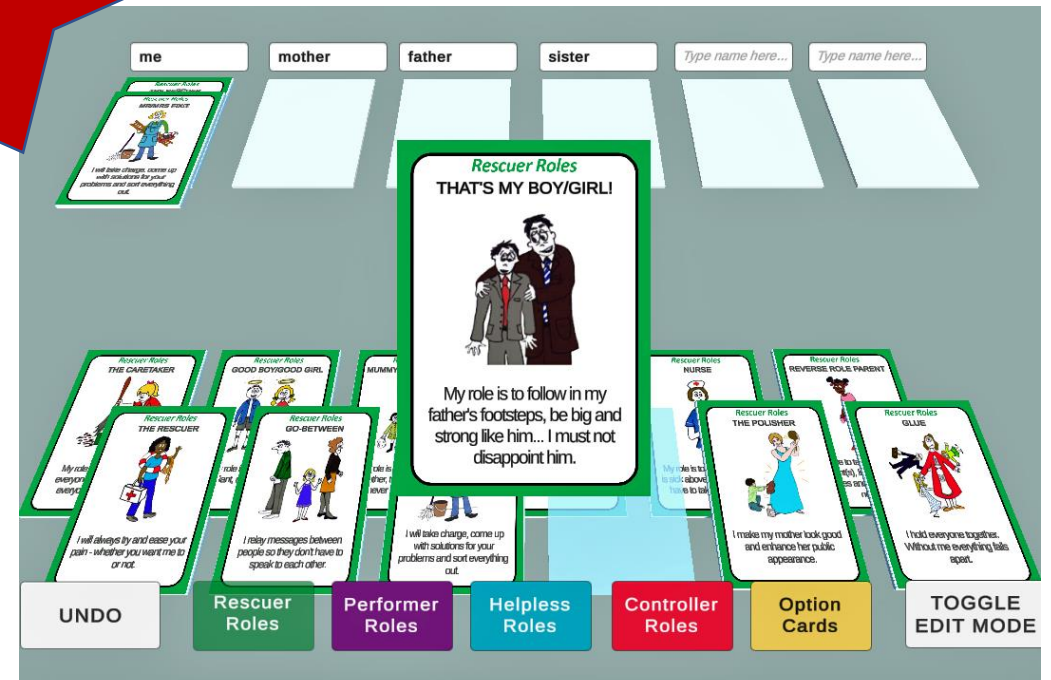
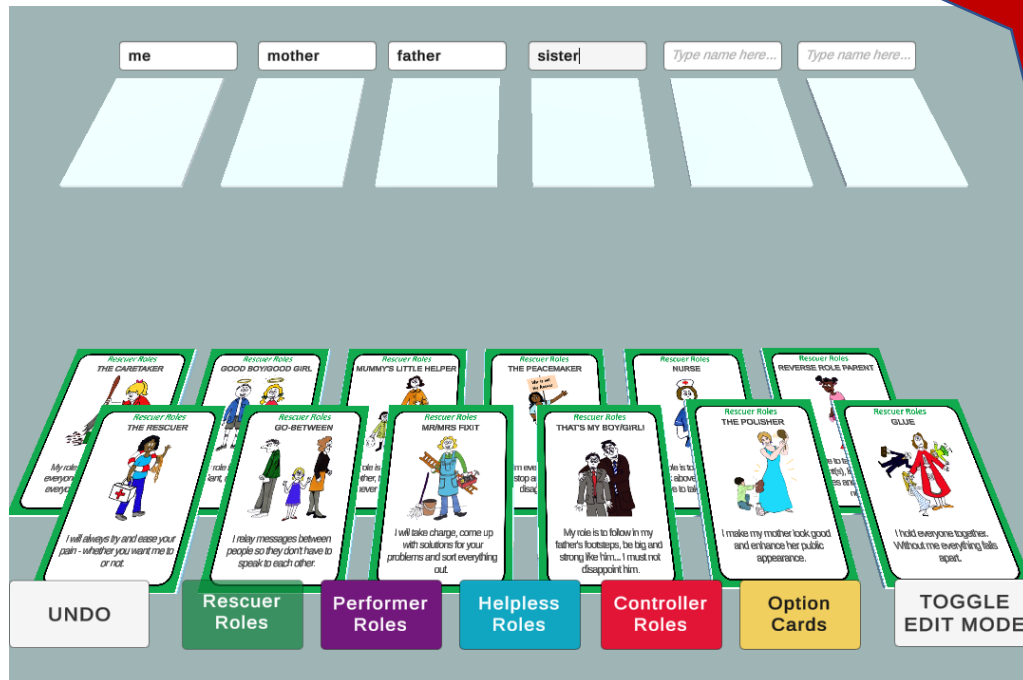
Therapeutic Sandscapes™  
Online Pack



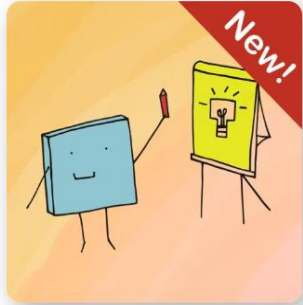
## Roles Played in Families WebApp

Other sets of cards to follow soon!

Nearly  
Ready!!



# CHECK OUR OUR TRAINING VIDEO SELECTION AT [PACT-RESOURCES.CO.UK](http://PACT-RESOURCES.CO.UK)!



Psycho-integration for Counsellors – Training Video



Trust and Betrayal – Training Video



Attachment and Shame – Training Video



Making the Most of Supervision – Training Video



Coaching for Counsellors 2 with Dr Chris – Training Video



A Masterclass in Working with the Roles Played in Anger Cards – Training



Taming the Inner Critic – Training Video



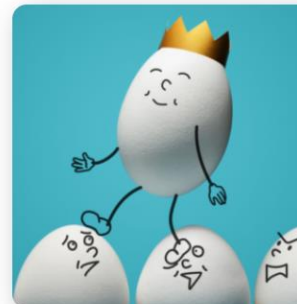
Extreme Reactions – Working with Clients who Self Injure – Training Video



Losing the Will to Live – Working with Suicidal Clients – Training Video



Working with Loss and Grief – Training Video



Narcissism and Echoism – Training Video



Coaching for Counsellors with Dr Chris – Training Video



Attachment Behaviour in the Counselling Room – Training Video

**Buy 2 -  
get  
another  
video  
FREE!**



Working Creatively with Blocked Anger – Training Video



Working Creatively with Nesting Dolls in Counselling – Training Video



Working with Gestalt in the Counselling Room – Training Video



Disordered Eating and Attachment – Training Video



Working Creatively with Dreams – Training Video



Working Creatively with Aspects of Self – Training Video



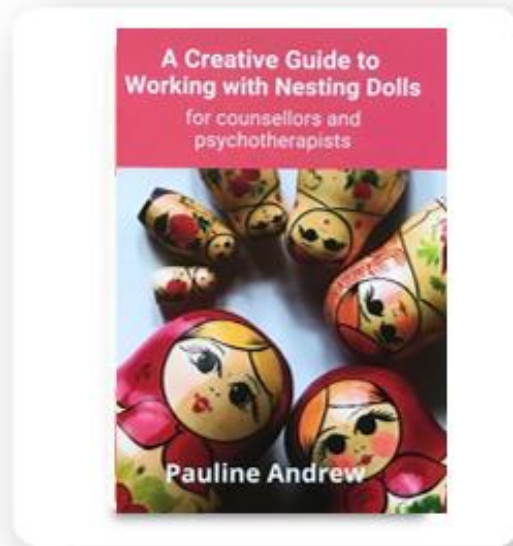
Mending Broken Relationships – Training Video





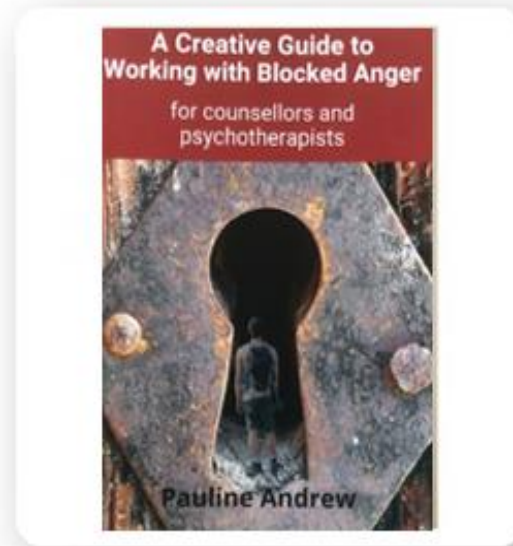
Special offer – save  
£2.50 when you buy  
all 3 books

£32.00



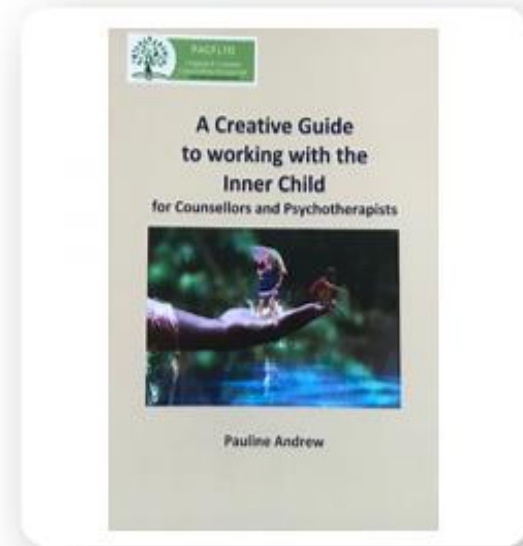
A Creative Guide to  
Working with Nesting  
Dolls

£11.50



A Creative Guide to  
Working with  
Blocked Anger

£11.50



A Creative Guide to  
Working with the  
Inner Child

£11.50

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[www.pact-resources.co.uk](http://www.pact-resources.co.uk)**



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APR



Waiting  
list

Creative Confidence Weekend  
Fri Apr 28 – Sun Apr 30, 2023

# Moor Hall Hotel & Conference Centre Cookham, nr Maidenhead

[deeprelease.org.uk](https://deeprelease.org.uk)

15

SEP



Waiting  
list

2023 Deep Release Counsellors  
Conference

24

JUN



Working Creatively with the Inner  
Child – one day course

Price: £129.00

Location:

📍 Moor Hall Hotel & Conference Centre,  
Maidenhead

📅 June 24, 2023  
9:00 am - 5:00 pm



# CONNECT WITH US!

## FACEBOOK GROUP

Search: Deep Release Ltd – Counselling & Training



- A closed group for counsellors & trainee counsellors
- Please answer the joining questions!



### Deep Release Ltd - Counselling & Training

Private group 1.6K members



+ Invite



# CONNECT WITH US!

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**Search: Pauline Andrew Creative Counselling**

- Lots of videos on working creatively
- Please subscribe!

Or visit:

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## YOUTUBE CHANNEL

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- Videos on Life, the Brain and Relationships
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[deeprelease.org.uk](http://deeprelease.org.uk)

[pact-resources.co.uk](http://pact-resources.co.uk)

*Thank you*  
 SurveyHero