

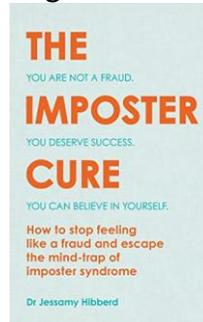
## CHRIS SWENSON'S MASTER NOTES

Practice Success in Less Time and with Less Money



# THE IMPOSTER CURE

How To Stop Feeling Like a Fraud and Escape the Mind-Trap of Imposter Syndrome



BY DR. JESSAMY HIBBERD

ASTER © 2019

210 PAGES

---

*“Imposter syndrome isn’t something that only you are suffering from. It’s something we can all relate to. We all know that feeling, whether it’s with you all the time or just in certain situations. When you’re plagued by these fears you’re in a very lonely place. You overwork, focusing only on your mistakes, and are fearful of speaking up or taking a wrong step. At times you avoid everything. By most people’s standards you are considered successful, but you don’t see yourself this way. And that’s where the problem lies. There’s no issue with what you’re doing by anyone else’s standards. It’s how you view yourself that is the problem. As you’ll see as you work through this book, how you define success is key.”* – Jessamy Hibberd from *THE IMPOSTER CURE*

### BOOK DESCRIPTION (from Amazon)

*'You've definitely heard of it, you've almost certainly felt it and it's actively stopping you from being your best self. In a new book on imposter syndrome Dr Jessamy Hibberd provides a definitive guide to understanding and tackling the psychological mind trap. - The Sunday Times*

*Imposter syndrome is a phenomenon in which people believe they are not worthy of success. They convince themselves that they have done well due to luck and are terrified their shortcomings will eventually be exposed, making it impossible to enjoy their accomplishments.*

*The Imposter Cure explores the psychological impact of imposter syndrome and exposes the secrets fears and insecurities felt by millions of men and women. Dr Jessamy Hibberd provides sound expert advice to help the reader better understand the problem and overcome it, so they think differently, gain self-belief and learn to see*

## CHRIS SWENSON'S MASTER NOTES

Practice Success in Less Time and with Less Money



*themselves as others do.*

*Filled with case studies to bring the concepts alive and packed with strategies to increase confidence, this book is a must-read for anyone who has struggled with their achievements.*

### NOTE INTRODUCTION

An Amazon #1 bestseller, this book is filled with practical tools and strategies to free yourself from the grips of imposter syndrome.

I would love, at some point in the near future, to interview Dr. Jessamy Hibberd about this book. When I do, it will be made available to all members of Master Private Practice.

Imposter syndrome is similar to a very intelligent criminal that knows all your weaknesses and responses to feeling very uncomfortable.

It seeks to create that uncomfortableness and get you to respond one of two ways: perfectionism or procrastination; or as Jessamy reports, overwork or avoidance.

When you do, you are forever imprisoned by its grip as you unknowingly are abiding by the “imposter’s code of conduct.”

Learning to let go of the grips of imposter syndrome can be done. It may take some time and changes on your part; but it is possible.

When you succeed, and you will, you will finally be able to live a life of authenticity, fulfillment, joy, and a freedom you never knew you had!

All of us practice owners are in business to help people. Imposter syndrome stands in the way. Learn to battle with it so those that need us most can benefit from our creativity and innovative interventions to solve their problems!

This book provides us all with the best way to accomplish those goals!

Get your copy of the book here, [THE IMPOSTER CURE!](#)

Let’s dive right in and discuss some great takeaways from this excellent book!

## CHRIS SWENSON'S MASTER NOTES

Practice Success in Less Time and with Less Money

### IMPOSTER SYNDROME?

*“Imposter syndrome prevents people believing in themselves and the more they achieve the worse they feel. Unable to fully own their accomplishments or good traits, they remain disconnected from all the good things they do. This makes it impossible for them to update their view and build a sense of self-worth or an inner measure of how they’re doing. For many others the effect is less extreme.”* Jessamy Hibberd from *THE IMPOSTER CURE*

Many practice owners continue to declare they struggle with feeling like a fraud. Do you?

In fact, no matter how much success you may have had, this feeling tends to linger.

Many authors on this topic conclude that Imposter Syndrome is a term referring to a pattern of psychological behavior where individuals doubt their accomplishments and feel imprisoned with an internalized fear of being exposed as a fraud.

The truth...We all struggle with this from time to time. Jessamy does a tremendous job in this book of letting the reader know that this difficulty is just part of being human and doesn't have to be looked at as a career ending disorder!

Let's continue to dive deeper into this topic with the other takeaways below...

### TRAPPED BY THE IMPOSTER TWINS!

*“The imposter twins – overworking and avoidance. When the image you have of yourself – a general sense of not being good enough – doesn't match what others see, you conclude that they must have an inflated idea of your abilities, making you feel a fraud. This pressure to achieve then goes one of two ways. You either overwork and drive for perfection to reach those lofty standards. Or you do the opposite, grinding to a halt, procrastinating and paralysed by self-doubt. This is often followed by a belated frenzy of work to meet a deadline; you'll do anything to avoid these uncomfortable feelings.”* Jessamy Hibberd from *THE IMPOSTER CURE*

The key to reaching private practice success is winning the mental game of private practice. To do that, you must watch out for those mind traps that prevent your success.

The mission of Imposter Syndrome is to mess with your perceptions of your abilities. Getting you to downplay and not believe in yourself. It accomplishes this by creating a plethora of uncomfortable emotions, thoughts, and fears.

## CHRIS SWENSON'S MASTER NOTES

Practice Success in Less Time and with Less Money

The mind trap occurs in how you respond to those feelings and fears. You either overwork and strive to be perfect, or you procrastinate and become imprisoned by self-doubt.

Choose any of those two responses and you are trapped by the imposter twins!

### THE MISPERCEPTION

*"The answer goes back to how you interpret that feeling of discomfort. When imposters experience it they recognize the feeling as meaning they are a fraud, falsely believing that if they were good enough or ready for this challenge they wouldn't feel like this and imagining that confident people feel differently. The reality is that these things are difficult for everyone; we all feel uncertain of ourselves at times, but imposters misinterpret this rather than recognizing it as normal and part of being human. As an imposter you think that not only are you not good enough for the job, but you have faked your way in there and don't have the goods to back it up..."*

Jessamy Hibberd from *THE IMPOSTER CURE*

Do you all remember the Fundamental Attribution Error? If not, here is a brief description... The error is the tendency for people to under-emphasize situational explanations for others' observed behavior while over-emphasizing their dispositional and personality-based explanations for their behavior.

In other words, we are not able to see what is really going on with another person psychologically and socially. So we tend to mis-attribute their perceived behavior as being some kind of quality about them.

What does this have to do with Imposter Syndrome? Well, we make this very attribution error not only about others but also ourselves!

We are aware of all the psychological thoughts and feelings swirling around us. Then we see the apparent confident behavior of another person. Then we wrongfully conclude that there must be something wrong with us because we are experiencing all this discomfort whereas the apparent confident person does not.

Truth...We are all human and everyone of us experience discomforting emotions. IT IS NORMAL AND A PART OF BEING HUMAN! Not because you are somehow inadequate or different!

As therapists, we understand that feelings are not facts! And that we must listen to them. When it comes to Imposter Syndrome, it is very important to not treat those feelings as more important than all the other information. Be sure to use that combination of your head and heart!

## CHRIS SWENSON'S MASTER NOTES

Practice Success in Less Time and with Less Money

Wow! Imposter Syndrome's tactics can be quite tricky to catch! The hope is after reading this Master Note and Jessamy's book you will have a firm grasp on that!

Let's continue...

### YOUR PROBLEMATIC COPING STRATEGIES

*"These coping strategies manifest themselves in one of two ways, which I call the imposter twins – overworking and avoidance. They are another reason you remain disconnected from the good things you are doing, leaving your identity stuck in the past. If you think back to some of the experiences that can lead to feelings of imposter syndrome, it makes sense that you wanted to find a way to make yourself feel better. If you were the less clever sibling you might have vowed to always work hard and so overworked. Or if there were high expectations of you, you might have decided that you'd rather not try things you were unsure of, rather than try them and potentially fail; this is avoidance."* Jessamy Hibberd from *THE IMPOSTER CURE*

We have all had clients over the years that in response to their discomfort they choose a way to cope that just led to more problems; or made the problem worse.

We are no different when it comes to how we choose to cope with the discomfort created by imposter syndrome. Remember, the trap of the imposter twins we discussed earlier? Therein lies the problematic coping strategy.

However, it is so easy to just fall into its grip and do what may seem to be easier to provide comfort for ourselves.

However, short term comfort strategies usually result in long term distress!

Awareness is the first step in getting a handle on imposter syndrome. Spend some time reflecting about your responses to your misperceptions and being uncomfortable. Look for ways to challenge those responses as you begin to truly see the impact they have really had on your life.

### THE ANTIDOTE: SELF-COMPASSION!

*"Compassion is key to overcoming imposter syndrome and it needs to be at the core of every strategy you undertake. Think of it as the mortar that holds everything together, so you can confidently rebuild the bricks of who you are and how you operate. Step one is to tune in to your internal commentary and step two is to find a new more compassionate voice."* Jessamy Hibberd from *THE IMPOSTER CURE*

Ah yes...a little self-compassion can go a long way!

## CHRIS SWENSON'S MASTER NOTES

Practice Success in Less Time and with Less Money

Self compassion? That's the antidote! How did we not know that? I mean how many times have we stressed to our clients to have more self-compassion. Even telling them to stop being so hard and judgmental of themselves.

It's now time for us to walk the walk and do what we have been suggesting to others.

Step one: Pay attention to your internal commentary. What do you notice? Is it helpful or not?

Step Two: Find a more compassionate and truthful voice! Then pay attention to it!

### RECLAIM YOUR LIFE FROM IMPOSTER SYNDROME

*"Until now you've been living by the imposters' code of conduct. You've been working hard and treating yourself like a machine. Or you've been running away from your responsibilities and avoiding life. When you accept the fact this future life of satisfaction and contentment won't ever exist, this allows you to make room for another way of being; living a daily life that fulfills you, taking in and being in each day. This way will let you live your life now and become all you deserve to be. Reclaiming your life is a three-step process: Step one: reassess Step two: tackle overwork and avoidance Step three: start living."* Jessamy Hibberd from *THE IMPOSTER CURE*

Imposter syndrome is similar to a very intelligent criminal that knows all your weaknesses and responds to feeling very uncomfortable.

It seeks to create that uncomfortableness and get you to respond one of two ways: perfectionism or procrastination; or as Jessamy reports, overwork or avoidance.

When you do, you are forever imprisoned by its grip as you unknowingly are abiding by the "imposter's code of conduct."

In part 3 of this book, Jessamy goes into quite detail on how you can begin to loosen its grip and begin to reclaim your life. If you are looking for those specific details then I greatly invite you to purchase the book and read through those as it is quite too lengthy to add in this Master Note.

However, she does lay out three part process to reclaiming your life.

Step one: Reassess your standards and definitions of success.

Step Two: Let go of overwork and avoidance.

## CHRIS SWENSON'S MASTER NOTES

Practice Success in Less Time and with Less Money



Step Three: Start living!

Learning to let go of the grips of imposter syndrome can be done. It may take some time and changes on your part; but it is possible.

When you succeed, and you will, you will finally be able to live a life of authenticity, fulfillment, joy, and a freedom you never knew you had!

All of us practice owners are in business to help people. Imposter syndrome stands in the way. Learn to battle with it so those that need us most can benefit from our creativity and innovative interventions to solve their problems!

Let's all START LIVING!

---

### ABOUT THE AUTHOR OF “THE IMPOSTER CURE”



DR JESSAMY HIBBERD

Dr Jessamy Hibberd is a Clinical Psychologist and co-author of the This Book Will Series published by Quercus. She worked for the NHS for eight years, before setting up her private practice in London. For more on Jessamy you can visit her website <http://drjessamy.com/> or follow her on twitter @DrJessamy

# CHRIS SWENSON'S MASTER NOTES

Practice Success in Less Time and with Less Money



## ABOUT AUTHOR OF THIS MASTER NOTE



CHRIS SWENSON

Chris Swenson is a true [Private Practice Warrior](#) who believes that therapists in private practice are in the best position to truly make a difference in the mental health concerns of our world. He loves helping people succeed in private practice as he studies, embodies, and teaches the fundamentals of mastering private practice. Learn more about Chris at <http://imchrisswenson.com>