GOT Crippling Self-doubt?

“I don’t belong here!”

Have you ever felt that the only reason you’ve made it so far is through good fortune and your uncanny ability to fool people into believing you’re more capable and intelligent than you really are? If so, you’re not alone.

Intense feelings of self-doubt are very common among highly successful individuals, especially women. In the 70s, psychotherapists gave it a name, “Impostor Syndrome,” though not a clinically recognized psychological disorder. Failing to appropriately attribute your successes to your own abilities is associated with perpetually feeling like a fraud, and can lead to isolation, depression and anxiety.

People with “Impostor Syndrome” may even develop self-sabotaging behaviors, such as extreme procrastination. Why? The reason may be a fear of success. The more successful they are, the higher the stakes and the greater the risk and fear of being “out-ed” as a phony.

Learn more about Impostor Syndrome and how to overcome it:
Do you have the impostor syndrome? http://www.huffingtonpost.com/judith-s-beck-phd/the-impostor-syndrome_b_656252.html
Who do you think you are? 8 tips to beat the Impostor Syndrome: http://explorewhatsnext.com/success-failure-the-imposter-syndrome/
Imposter Syndrome Quizzes:
http://www.empresshasnoclothes.com/articles-detail.php?aid=520&amp;cid=4
http://www.impostorsyndrome.com/quiz/

Sometimes it helps to simply know you’re not alone, if so rest assured. But if the coping strategies you’ve developed are holding you back and/or risking your success in medical school, seek help.

MSUCOM Office of Personal Counseling and Health Promotion: