

## Overcoming Imposter Syndrome

# Identifying Triggers Exercise

This exercise will help you start the process of tracing your imposter syndrome back to their source. It will raise your awareness of the effect of your past on your current behavior. This activity can also be liberating, as you are now free to choose the way you react to current situations.

You'll need some time and thoughtful reflection to complete the exercise, so give yourself some space and take it slowly.

Make a list of the people and situations in your life right now which trigger negative feelings and annoy you.

Person	Situation	Why does it annoy you?

## Overcoming Imposter Syndrome


## Overcoming Imposter Syndrome

- a. Review the list to see if there are any patterns emerging e.g., are all the people who annoy you also challenging you? Do all the situations involve control? Or something else?

## Overcoming Imposter Syndrome

- b. Look back into your past and identify the people and situations that provoked the same reactions.

Person	Situation	Why does it annoy you?

## Overcoming Imposter Syndrome


## Overcoming Imposter Syndrome

c. What were your feelings at the time?

## Overcoming Imposter Syndrome

d. What physical reactions accompanied these circumstances?

e. What negative triggers have you identified?

## Overcoming Imposter Syndrome

- f. Go back to your first list. How could you choose to react to each based purely on the here and now?