

*Smash*

IMPOSTER SYNDROME & SELF-DOUBT  
5 DAY FREE CHALLENGE

WITH  
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**DAY 4**

*Finding Your Core  
Negative Beliefs*



# IDENTIFY YOUR CORE NEGATIVE BELIEF THAT DRIVES YOUR IMPOSTER SYNDROME AND SELF DOUBT

You think you developed your protecting strategy (our behaviours) solely to keep people from finding out you are an impostor. However, a core function of all self-limiting patterns is to protect us from a core negative belief we hold about ourselves. At its heart, it's about a basic feeling of inadequacy and unworthiness.

You developed your pattern in part so that you wouldn't have to face this hidden negative belief.

You may assume that everyone who identifies with the impostor syndrome would share a common negative belief, namely: I'm a fraud. Go below the surface, however, and you'll realise that there is a deeper, more painful belief that is unique to you and your pattern.

Let's say, for instance, that the way you attempt to protect yourself from the shame of being found out is to not speak up in meetings or in class. You tell yourself it's because you don't want other people to think you're stupid. But the real reason you hold back is to escape having to face the crushing "truth" of your own core belief, which is, "I really am stupid."

## IDENTIFY YOURS

One way to identify your core negative belief is to imagine the statement you would most dread hearing said aloud about you in your impostor scenario:

Example:

- You'll never measure up.
- You have no special gifts.
- You're not as intelligent as other people.
- You have no talent.
- You're not an original thinker.
- Or simply, You're unworthy.
- You're stupid

## PRACTICAL EXERCISE

Take a few moments to go within.

Close your eyes take a few deep breaths and then imagine the scene in every detail.

What is the thing you would most dread or fear to hear in this impostor scenario?

What is the feeling that arises in you?

Notice if you have had this feeling before.

Be very curious about this feeling. Sit with it so you can grasp it.

**What did you discover? What is the thing you would most dread to hear?**

## PRACTICAL EXERCISE : AFFECT BRIDGE TECHNIQUE

You could go straight into the Affect Bridge Technique from there if you wish using the feeling that you connected with when you imagined the thing you would most dread to hear. Or you may want to explore a different feeling.

### Instructions

Close your eyes

- Remember a memory when you felt this feeling.
- Really embody the memory. Remember how it felt in your body. The smells, the sounds. Sit with it.
- Go back to an earlier memory when you felt these same feelings. Do the same Remember and feel it in every detail. Sit with it for a moment really feeling it.
- Go back to an even earlier memory when you felt these feelings and do the same.
- Go back to an even earlier memory when you felt these feelings and do the same.
- Then.....Ask silently to see the source. Say silently, 'show me the source memory of these feelings'
- Don't try looking for it or judge it or analyse it. Just sit holding onto the feeling with the intention - asking for the source.
- Allow anything that wants to come into your conscious awareness to come.

**Note : there is an audio recording of the Affect Bridge if you think it will help you.**