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# Understanding how Imposter Syndrome may affect weight loss.

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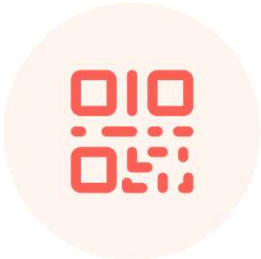


## Possibilities Leadership

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After losing weight, you may have been asked "how did you lose all that weight?" How did you typically reply?

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How did that question make you feel?

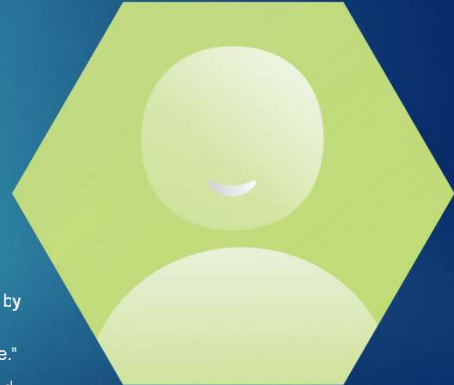
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## Let me share a story...

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- ▶ My friend (Julie), that also underwent weight loss surgery. Julie has the sleeve procedure done almost 5 years ago.
  - ▶ Lost over 100 lbs.
    - ▶ Julie looked great and felt even better.
    - ▶ Proactive, positive, abundance of energy.
    - ▶ ↑ Increased confidence.
  - ▶ Her Fiancé INITIALLY supported her and her progress.
    - ▶ After about 3 years the home dynamic changed.
      - ▶ Fiancé became jealous (Julie was looking GREAT).
      - ▶ He began telling Julie things like:
        - ▶ "I don't now why you're so proud. You cheated weight loss by getting surgery."
        - ▶ "You're just going to gain the weight back like everyone else."
    - ▶ Repeatedly hearing this overtime, Julie began feeling ashamed, sad (VERY SAD), withdrawn, disengaged in life, reclusive, and started to gain weight back.

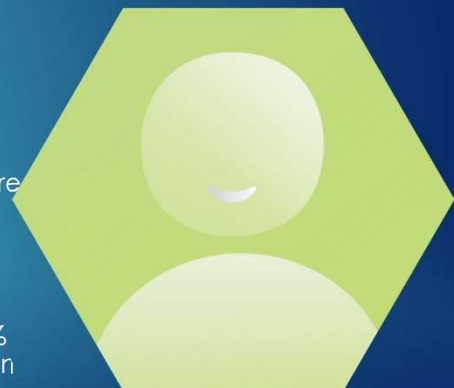


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## What is Imposter Syndrome?

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- ▶ Imposter Syndrome is the mindset when a person doubts/questions their skills, talent, or accomplishments/successes, despite evidence of their competence and/or achievements.
- ▶ Feeling underserving of achievements.
- ▶ Feeling like you're a fraud that someone, somewhere will uncover you for what you truly are.
  - ▶ "Fake it, 'till you make it!" mentality.
- ▶ Contributes to shaming and/or self-shaming.
- ▶ The *Harvard Business Review* has estimated that 70% of the general population (evenly split between men and women) have felt the effects of imposter syndrome at some point.



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Since you began your weight loss surgery journey, have you experienced any of the following:

**(check all that apply)**

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## Types of Imposter Syndrome

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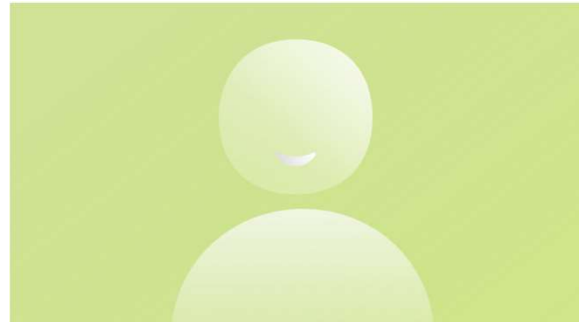
- ▶ Imposter Syndrome Institute, Dr. Valerie Young
  - ▶ The Perfectionist
  - ▶ The Expert
  - ▶ The Soloist
  - ▶ The Natural Genius
  - ▶ The Superhuman

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## Negative Impacts of Imposter Syndrome?

- ▶ Loss of Motivation
- ▶ Anxiety
- ▶ Depression
- ▶ Decreased Productivity & Performance
- ▶ Lack of Confidence
- ▶ Inability to Achieve Goals!!!

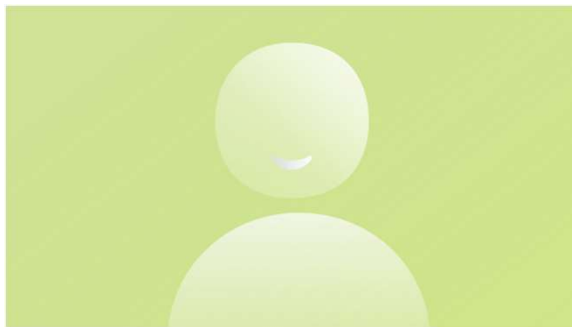
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## How to Overcome Imposter Syndrome

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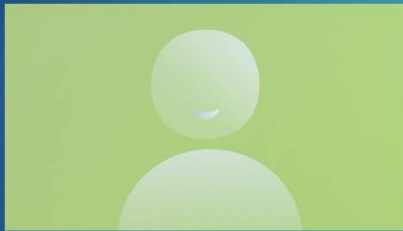
- ▶ Learn what's controllable
- ▶ Recognize our boundaries of knowledge
- ▶ Track Achievements – Data Driven
- ▶ Step back & refresh perspective
- ▶ Collaborate
- ▶ Practice confidence
- ▶ Remove self from toxic environments
- ▶ Seek Professional Support or Guidance (if needed)

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## Self-Test

- ▶ [Impostor Syndrome Test \(psychtests.com\)](https://psychtests.com)

<https://testyourself.psychtests.com/testid/3803>



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## Questions & Answers

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Thank  
you!

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