



# 7 Defensive Behaviours of Imposter Syndrome



*Source: Valerie Young*

# 1. Over-preparing & hard work



- You obsess over every aspect of a presentation, project, etc.
- Every aspect of your work is approached crucially
- You work harder than everyone else

## 2. Holding Back



- You know you can achieve more but you don't
- You might take yourself out of the running for a promotion
- You avoid anything that makes you too vulnerable

### 3. Maintaining a low or ever-changing profile



- You work autonomously or inconspicuously
- You decline or delegate public speaking opportunities
- You switch roles / industries

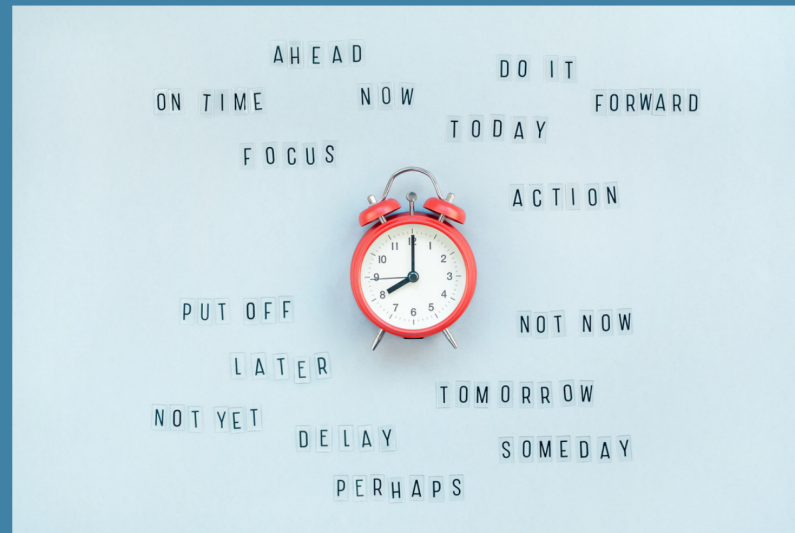


## 4. Use of charm or perceptiveness to win approval



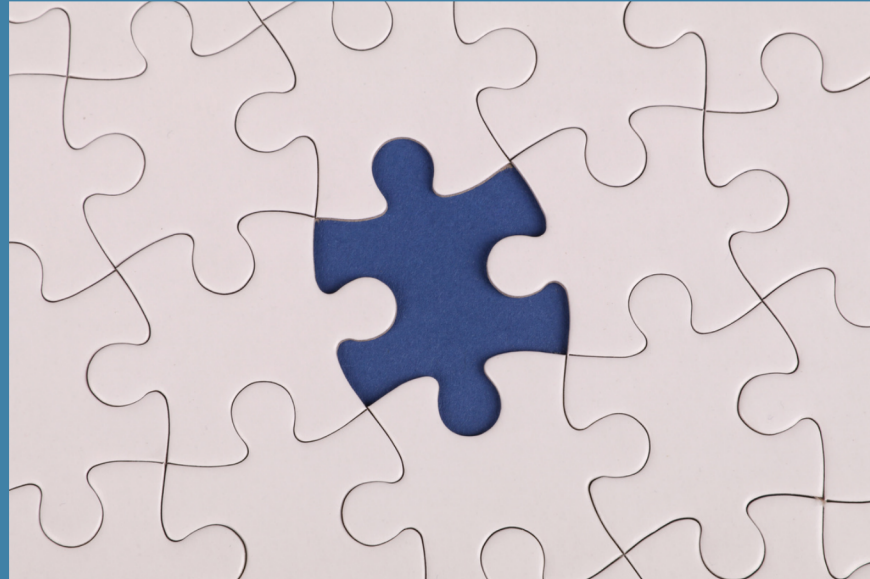
- You use your social skills to connect but then believe that if you are successful, it's because the person likes you
- You use your humour to deflect attention away

# 5. Procrastination



- You're giving yourself an out
- You tell yourself you work better under pressure
- You're putting off the situation you think will be your undoing

## 6. Never finishing



- If you don't finish the project or a piece of work, you're avoiding being detected by staying under the radar or feeling ashamed of criticism
- You can use the excuse that it's still a work in progress, you're still finishing it off

# 7. Self-sabotage



- You subconsciously do things to undermine your success
- If you're competing against or being compared to someone else, you point out their strengths
- By helping someone else, you preserve your image of being selfless

# Understanding Your Behaviours



What does my behaviour help me avoid?



What does my behaviour help protect me from?



What does my behaviour help me get?

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