

THE EMPTY CHAIR TECHNIQUE

This discussion and worksheet will help you understand and defuse your imposter syndrome.

You will be ready to immediately apply this training the next time it attempts to stunt or block your growth.

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"The person is not the problem, the problem is the problem." Michael White, narrative therapy OG.

If we can externalise the problem (*think about the difference between "I'm not good/smart/ready enough" and "my imposter syndrome is telling me I'm not good/smart/ready enough"*) we're more readily able to unpack it, understand it, expose the ways in which it operates, and know what supports and what weakens it.

One of the best ways to get this kind of perspective on your imposter syndrome is to borrow a technique from another therapeutic approach.

Enter: the empty chair.

STEP 1: VISUALISE YOUR IMPOSTER SYNDROME

What does it look like? Sound like? Where is it in relation to you? What mood or energy is it giving off?

STEP 2: INVITE IT INTO THE 'EMPTY CHAIR' AND INTO CONVERSATION

*What's on its mind? What does it want you to know? How is it *feeling*?*

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STEP 3: RESPOND

Do whatever comes naturally here — acknowledge, rebut, challenge, rage, nurture. Continue the exchange until you feel you have reached a new level of awareness around your imposter syndrome (its ideas, behaviour, raison d'être) and/or got to the point where something shifts.

STEP 4: REFLECT

What did you learn from the exchange? What patterns did you notice? What surprised you?