

List of Rights to Combat the Impostor Syndrome

- The right to say no without feeling guilty
- The right to feel and express healthy competitiveness and achievement drive
- The right to make mistakes or to be wrong
- The right to express pride at my accomplishments
- The right to occasionally have an off day or not perform up to par
- The right to fail and learn from experience
- The right to be treated fairly without discrimination due to my sex, race, age, class, sexual orientation, religion, culture or disability
- The right to achieve at a level I am comfortable with
- The right to say “I don’t understand”
- The right to have things explained to me – even when the person is busy
- The right to be treated as a competent adult
- The right to work in nontraditional realms without penalty
- The right to not be the spokesperson for my entire gender, race, cultural group, etc.
- The right to work and raise children at the same time
- The right to achieve above – or below – my family expectations
- The right to not know all of the answers
- The right to be treated with dignity and not be patronized
- The right to have my input considered as valuable as the next person’s
- The right to ask for additional compensation for additional work
- The right to be in the midst of a learning curve

Excerpted from *The Secret Thoughts of Successful Women: Why Capable People Suffer from the Impostor Syndrome and How to Thrive in Spite of It* by Valerie Young

Hear the Episode with Valerie Young at tomyyounger.me