

A thick black L-shaped frame surrounds the text. The top horizontal bar is on the left, the left vertical bar is on the left, and the bottom horizontal bar is on the right.

WILL THE REAL _____ PLEASE STAND UP?

Getting into the ACT of Impostor
Phenomenon

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WHAT IS IMPOSTOR PHENOMENON?

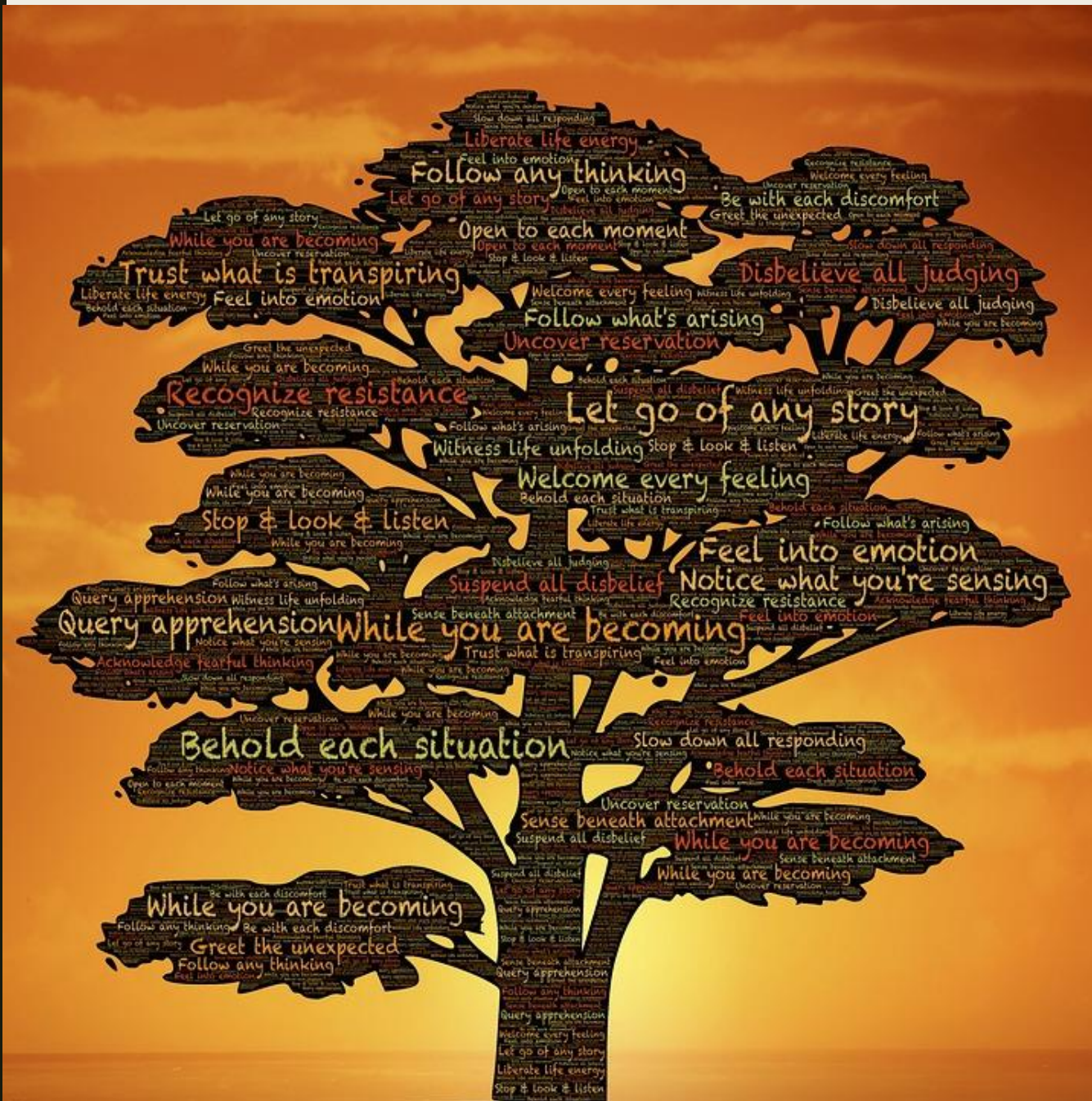






I.
AM.
AN.
IMPOSTOR

Or at least I was.....



“You can not change what you don't acknowledge...”

~ Dr. Phil

What about YOU?



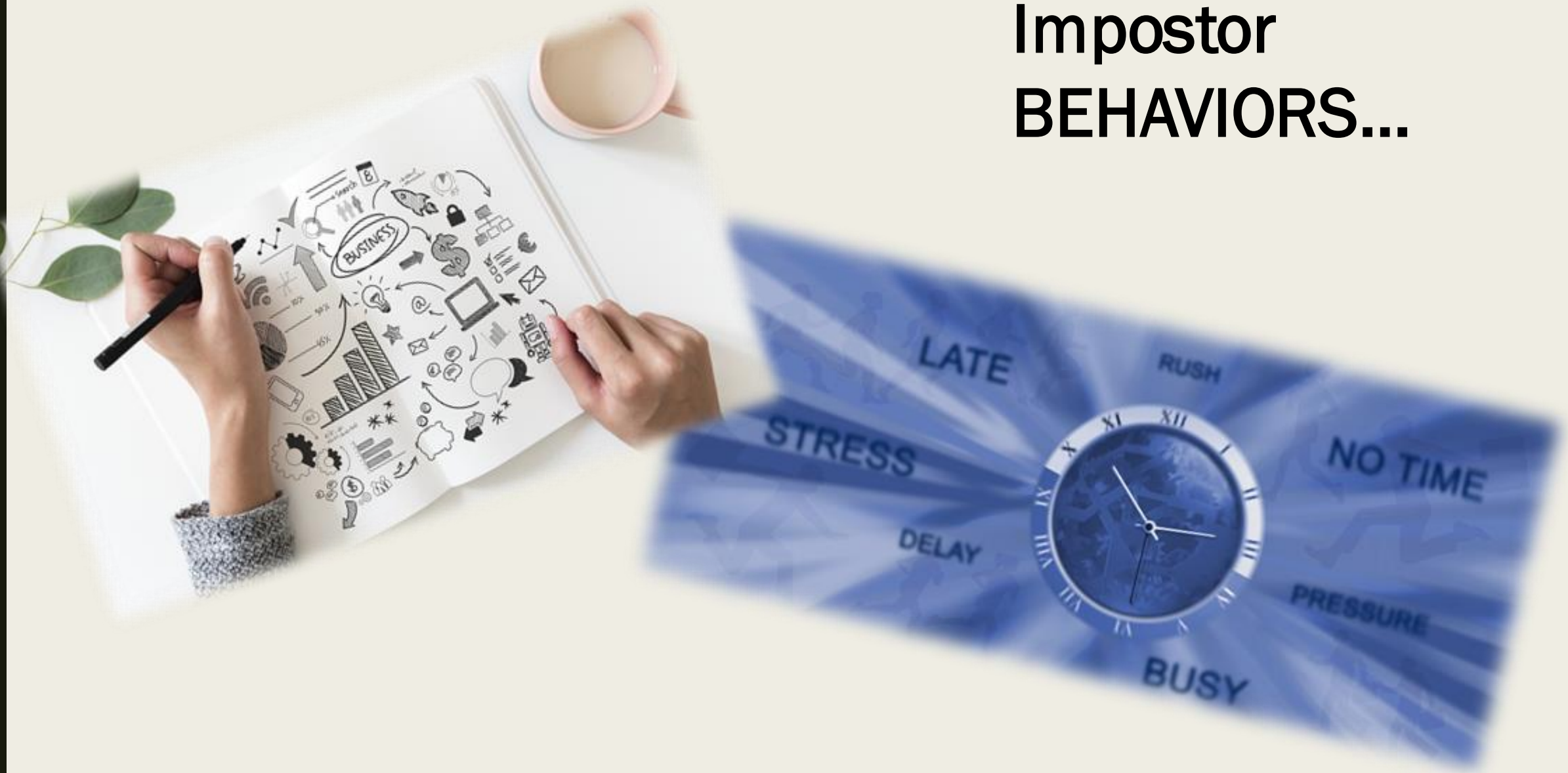
We're in Good Company!



IP through a Behavioral Lense...



Impostor BEHAVIORS...





well done

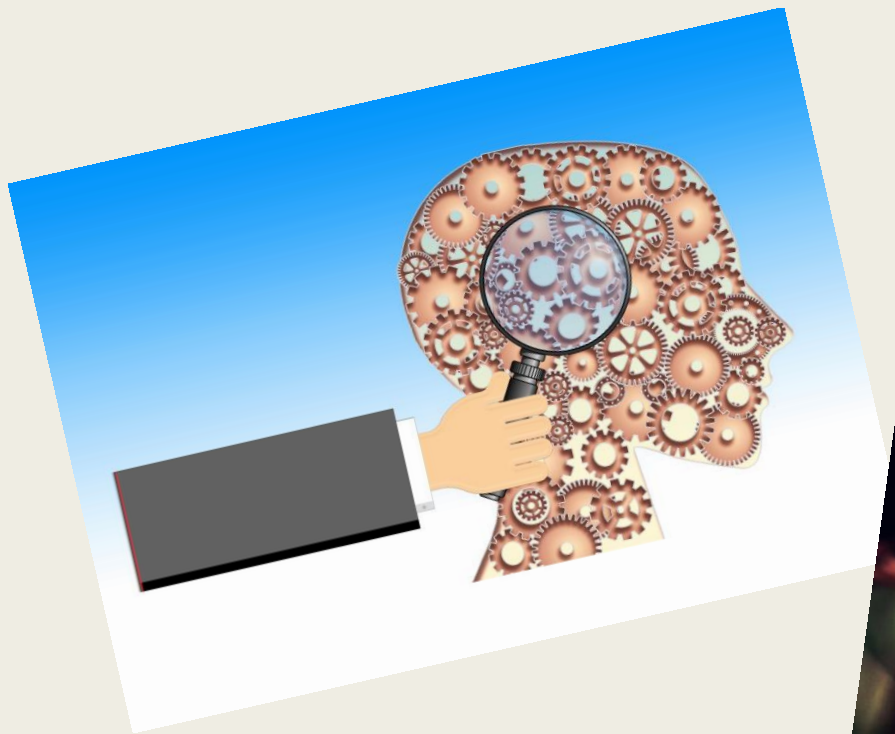


SUCCESS



SECRET

IP and PI: Let's evaluate...





The Conceptualized Self

Cognitive Fusion



Conceptualized Past and Future





Inaction

Impulsivity

**Avoidant
Persistence**

Lack of Values



Experiential Avoidance





**Psychological
Flexibility**

Will the real YOU, Please Stand Up!!



Insert YOUR face HERE

Will the real YOU, Please Stand Up!!



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