

IMPOSTOR SYNDROME RESOURCES

WHAT IS IT?

Basically, feeling inadequate despite evident success.

WHAT TO DO ABOUT IT:

- Shift mindset
 - Name it
 - Cultivate acceptance
 - Examine internal dialogues
 - Explore unhelpful patterns
- Increase connection
- Identify warning signs/triggers
- Connect with values

D.C. BAR LAP

LAWYER ASSISTANCE PROGRAM

Free and confidential assistance for D.C. Bar members, Judges, and Law Students.

If you need help managing impostor syndrome or want to learn more, contact us at 202.347.3131 or LAP@dcbar.org

BOOKS

The Confidence Code: The Science and Art of Self-Assurance---What Women Should Know

Self-Compassion: The Proven Power of Being Kind to Yourself

The Confidence Gap: A Guide to Overcoming Fear and Self-Doubt

When Perfect Isn't Good Enough: Strategies for Coping with Perfectionism

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

Presence: Bringing Your Boldest Self to Your Biggest Challenges

The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are

APPS

Headspace

Insight Timer

10% Happier

Step, Breathe & Think



PODCASTS

- The Resilient Lawyer with Jeena Cho #87: Neha Sampat— Imposter Syndrome: The Mindset and Culture That is Plaguing Lawyers
- The Lawyer Stress Solution #26: Impostor Syndrome.

