

HOPE THERAPY & COUNSELLING SERVICES

# Imposter Syndrome

*Waiting to be found out.*

Qualified counsellors offering support for imposter syndrome across England — online nationwide and face-to-face. Understanding what's behind the feeling of fraudulence is where things can begin to shift.

NCPS ORGANISATIONAL MEMBER

ONLINE & IN-PERSON

FROM £65

FREE 15-MIN CONSULTATION

## RECOGNISING THE PATTERN

## You've done well. But underneath the competence, there is something that persists

*"It is far more common than most people realise. Studies suggest around 70% of people experience it at some point — including many who appear, from the outside, to be at the top of their game."*

You might recognise it as the habit of dismissing your own successes — attributing a promotion to luck, a compliment to politeness, an achievement to good timing rather than genuine ability. Or perhaps it shows up as a relentless drive to work harder, prove yourself again and again, just to stay one step ahead of being found out.

**It is exhausting — and it rarely leads anywhere, because the feeling of fraudulence tends to follow you wherever you go.** The more you accomplish, the louder the voice can become. It does not discriminate by profession, background, gender, or level of achievement.

### Some ways imposter syndrome shows up

Dismissing successes — attributing them to luck, timing, or others

Difficulty accepting compliments without internally discounting them

Overworking to compensate for imagined inadequacy

Persistent fear of being "exposed" as less capable than others believe

Comparing yourself to others and always coming up short

The sense of not quite belonging in the room you're in

**Professional registration:** Hope Therapy & Counselling Services holds NCPS Organisational Membership covering counselling and psychotherapy services. Sessions are confidential; limited exceptions apply and your therapist will explain these clearly at the outset.

## NOT ABOUT A LACK OF ABILITY

# A disconnection between how others perceive you and how you perceive yourself

Imposter syndrome is about a gap between external perception and internal experience — and that gap usually has roots that go back further than the current job, relationship, or achievement that seems to be triggering it.

## Early experiences

Growing up where praise was conditional, success was expected but never quite acknowledged, or the bar kept moving. Environments that taught you your worth was always contingent on the next performance.

## Being a first

Being the first in your family to enter a particular world — education, a profession, a social setting — and carrying a persistent sense of not quite belonging. A real experience that is worth acknowledging rather than explaining away.

## Perfectionism

Where nothing you do ever feels quite good enough because you're measuring yourself against an impossible standard. The harder you work to compensate for imagined inadequacy, the more it seems to confirm you needed to work that hard.

## Underrepresentation

When you rarely see people like you in the rooms you're entering, it is harder to trust that you belong there. Imposter syndrome is more prevalent among people in groups underrepresented in their field — and this is a structural reality, not a personal failing.

*Whatever its origins, the pattern tends to be self-reinforcing. The more you work to compensate, the more it confirms the story. Understanding the roots is the first step to loosening them.*

## WHAT COUNSELLING CAN OFFER

# A space to look at the pattern honestly — not to be told you're doing fine

For many people, exploring where the feeling of fraudulence comes from leads to a more settled, grounded sense of themselves that doesn't depend on the next achievement to feel temporarily secure. Your therapist may help you examine the beliefs underneath the imposter feelings — where they came from, what keeps them in place, and whether they actually hold up when looked at clearly.

## THERAPEUTIC APPROACHES

# Several approaches — matched to your situation

### Counselling

A compassionate, non-directive space to explore the roots of imposter feelings — including early experiences and the beliefs that sustain them. Useful for building a more settled, authentic sense of self. From £65.

### CBT

Identifies the thought patterns fuelling imposter feelings — the automatic dismissals, the catastrophising, the double standards — and supports the development of more realistic, balanced thinking. From £65.

### ACT

Acceptance and Commitment Therapy helps develop a different relationship with self-doubt — not eliminating the inner critic, but learning to act with confidence and purpose even when it's present. From £65.

## GETTING STARTED

# How the process works

## 1 Free 15-minute consultation

A brief, relaxed conversation with our booking team. We listen to what is going on and explore whether counselling could help. No pressure, no obligation.

## 2 Matched with a therapist

We carefully match you with one of our 90+ qualified therapists based on your needs and preferences. If the fit doesn't feel right, we'll find someone else at no extra cost.

## 3 Your first session

Your therapist takes time to understand your situation and what you're hoping to work on. There is no rush and nothing you have to share before you are ready.

## WHAT OUR CLIENTS SAY

## Client experiences

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*I'd been successful by most measures but never really believed any of it. My counsellor helped me understand where that came from — and for the first time I can accept a compliment without immediately dismissing it.*

**CLIENT — IMPOSTER SYNDROME**

“

*I thought it was just low confidence and I'd grow out of it. CBT helped me see the thought patterns I was running on autopilot and gave me real tools to challenge them. It's made a genuine difference at work.*

**CLIENT — IMPOSTER SYNDROME & ANXIETY**

“

*The free consultation was low pressure and genuinely helpful. I was matched quickly and the online sessions fit easily into my week. I'd recommend Hope Therapy without hesitation.*

**CLIENT — SELF-WORTH & IMPOSTER FEELINGS**

*Client experiences are individual. Results vary between people.*

## COMMON QUESTIONS

## Frequently asked questions

### Is imposter syndrome a recognised condition?

Imposter syndrome is not a formal clinical diagnosis, but it is a widely recognised psychological pattern that causes genuine distress. It is often associated with anxiety, perfectionism, and low self-worth. You do not need a diagnosis to seek support — if the pattern is affecting your confidence, relationships, or working life, that is reason enough to explore it in counselling.

### Does imposter syndrome only affect high achievers?

No. While often discussed in the context of professional achievement, it can affect anyone in any area of life — relationships, parenting, creative work, education, or day-to-day interactions. The common thread is not success itself, but the persistent belief that you don't truly deserve where you are.

### Can counselling really help with imposter syndrome?

Yes. Counselling can help you explore where the feelings of fraudulence come from, understand the patterns that sustain them, and develop a more grounded relationship with your own abilities and achievements. CBT and ACT are particularly well-suited. Many people find that even a short course of sessions makes a meaningful difference.

### How many sessions will I need?

Some people find a focused short-term course (around 6–12 sessions) gives them the tools and insights they need. Others prefer longer-term work, particularly where imposter syndrome connects to deeper patterns of self-worth or earlier experiences. There is no fixed number — your therapist will discuss this with you as you go.

## TAKING THE FIRST STEP

## Understanding what's behind the feeling of fraudulence is where things begin to shift

You have probably spent a long time managing the feeling alone — working harder, deflecting compliments, staying one step ahead of being exposed. A free consultation is a chance to start exploring whether there might be a different way to relate to it.

### When you feel ready, we're here.

A free, no-obligation 15-minute conversation. No pressure — just a chance to explore whether we can help.

**Book:** [calendly.com/hopetherapy/15-minute-consultation?month=2026-04](https://calendly.com/hopetherapy/15-minute-consultation?month=2026-04) · **Call:** 07379 538411 · **Email:** [contact@hopefulminds.co.uk](mailto:contact@hopefulminds.co.uk)

**Please note:** We are not a crisis or emergency service and do not provide crisis support for active suicidality or self-harm. If you are in crisis, please use the helplines below.

**999** — Emergency services · **Samaritans: 116 123** — Free, 24 hours · **SHOUT: text 85258** — Crisis text, 24/7

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# *A more settled, grounded sense of yourself — one that doesn't depend on the next achievement.*

Hope Therapy & Counselling Services offers counselling, CBT, ACT, and a range of other approaches for imposter syndrome and self-worth — online across the UK and face-to-face across England. Our team of 90+ qualified practitioners is here to find the right match for you.

#### TELEPHONE

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#### EMAIL

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#### WEBSITE

[www.hopefulminds.co.uk](http://www.hopefulminds.co.uk)

#### FREE CONSULTATION

[calendly.com/hopetherapy/15-minute-consultation?month=2026-04](https://calendly.com/hopetherapy/15-minute-consultation?month=2026-04)

#### ALSO FROM US

**The Talk Room Podcast** — honest conversations about mental health, self-worth, and everyday wellbeing from the Hope Therapy team. Search **The Talk Room** on Spotify and YouTube, or find it at [hopefulminds.co.uk](http://hopefulminds.co.uk).

Hope Therapy & Counselling Services holds NCPS Organisational Membership, which covers counselling and psychotherapy services. Individual practitioners are registered with the BACP, NCPS, and/or BABCP as appropriate. All practitioners hold appropriate professional insurance. Sessions are confidential, subject to the limited exceptions explained by your therapist at the outset. Results vary between individuals; we do not guarantee specific outcomes.