



## **Always good enough**

Do you know that feeling? Despite your education, your life experience, and your proven successes, you always feel that you are not competent enough, not “good enough.” To get rid of this feeling of not being perfect—whether professionally or privately—you take on more tasks and responsibilities of all kinds, throw yourself into further training, read books, or attend seminars by various supposedly “perfect” gurus.

The result: your sense of responsibility and high standards lead to overwork, exhaustion, and too little time for your private life.

You may be suffering from what is known as “imposter syndrome”. The term was coined in 1978, researched by Dr. Valerie Young [1], and described by many authors, e.g., here [2]. Young describes the phenomenon as a pattern of experiences that people constantly repeat and thus sabotage themselves if they do not consciously address it. Among other things, it means that people are unable to attribute their own successes to themselves. The pursuit of unattainable perfectionism, the denial of one's own competence, and a deep fear of failure or even success lead others to have higher expectations of you in your private or professional life. But be aware: your own insecurity is never nourished from the outside, but from within, and can sabotage your life goals.

The origin lies in your childhood. If, as a child, you never received recognition for who you really are, but only for behaviors that your parents expected of you, your true self-image is distorted and you have difficulty assessing your real abilities. Today's education system contributes to this. Performance is evaluated according to generally accepted standards that may not correspond to a child's potential. However, children who were only praised, no matter what they did, tend to overestimate their own abilities as adults and build up internal pressure to constantly live up to external expectations. If this is not possible, they try—often with deception and lies—to maintain a facade that corresponds exactly to what others/environment/society values, in order not to tarnish the image of the faithful husband, the caring mother, the successful businessman, or the reliable friend.

What can you do if you recognize yourself here?

- Document your successes in writing with a short note just for yourself at the end of each day. Instead of a “to-do list,” write a “well-done list.”
- Regularly exchange ideas with people whom you really trust. People who are genuinely happy for your successes, but who will also tell you honestly if there is something that could be improved. Trust in a human relationship grows when you open up, accept honest feedback, and give it in return.
- You will meet people who inspire you to be yourself through their own authenticity. They therefore sometimes reflect your perceived personal flaws. Don't run away if what you see does not correspond to your ideal self-image. It is precisely these people who help you to finally perceive and accept yourself as you are, because they recognize and love you as a valuable person, including your weaknesses.
- Practice the Pareto principle (80% is enough – the last 20% costs disproportionately much energy). The Pareto principle, also known as the 80-20 rule, states that 80 percent of results are achieved with only 20 percent of the effort [3]. Have the

courage to leave gaps and be aware that it is always possible to develop and grow, but life is not about being perfect.

- Embrace challenges as opportunities to learn. A failed endeavor is just one step toward success. Don't be fooled by what others post about themselves on social media. On the internet, everyone shows off their most glorious moments: competitions they've won, an impressive circle of friends, challenges they've mastered with skill. Hardly anyone shares their doubts, insecurities, or learning processes. If you also tend to feel the need to hide, deceive, or conceal important things just to look good in front of others, remember: you are human, and nothing ever goes completely smoothly.
- Be true to yourself, with all your strengths and limitations. Be credible and communicate honestly when you have made a mistake. Mistakes are no reason for self-doubt. Don't dim your light because of mistakes you have made. You are a lighthouse, not a firefly. You are unique with your strengths and therefore do not have to shine in all areas. Accept your weaknesses, remain clear in your communication with others, and do not be afraid to ask for help from people who have their "stage of success" elsewhere.
- Accept praise when you have been successful. Do not blame external circumstances for your successes and personal mistakes for your failures.
- Set clear boundaries with others and practice mindful self-care. Take time to build meaningful relationships. Deep and trusting connections can only develop if you communicate clearly, honestly, and truthfully, especially about yourself, and reveal your true self.

Conclusion: In my opinion, the main challenge with this syndrome is recognizing your own value in your **BEING** and not just in your **DOING**. If you can see and feel yourself as a unique person, those around you will too. Those who are not blinded by appearances will always recognize and love you for your successes and despite your failures. Façade? Not necessary!

#### Literature:

[1] Valerie Young: The Secret Thoughts of Successful Women: And Men: Why Capable People Suffer from Impostor Syndrome and How to Thrive In Spite of It

[2] Jane Kennedy, Kara Lawrence: You Are Not a Fraud! Escape Imposter Syndrome For Good: Stop Drowning Your Potential in Self Doubt, Feel Deserving by Embracing Your Self-Worth, and Become a Believer in You!

[3] Richard Koch: The 80/20 Principle, Expanded and Updated: The Secret to Achieving More with Less

