

QUASH YOUR IMPOSTER FAST

No Drama. No Digging. Just Done.

By Dr Sharryn Gardner

Why You? Why Now?

You're successful. You've worked hard. You probably have a business card, a parking pass, and a LinkedIn profile that makes people say, "Wow."

So why do you still secretly think:

- You're just lucky?
- Someone will realise you've bluffed your way here?
- You're one mistake from being exposed?

That's Imposter Syndrome. And no, it's not just you.

It's not a humility badge. It's not "just a phase." And it's absolutely not the price of ambition.

It's a silent confidence leak. And the good news? It's fixable. Fast.

What Even Is Imposter Syndrome?

It's the quiet voice inside that says:

- > "You don't belong here."
- > "They're going to find out."
- > "You fooled them once, but not again."

It's not natural nerves. Natural nerves happen when you do something new.

Imposter Syndrome happens even after you've done it well, repeatedly, and still don't feel safe.

It's common in:

- Doctors, lawyers, executives, creatives.
- First-generation professionals.
- High-achievers with perfectionist streaks.
- People who look confident but feel brittle inside.

Spoiler: It's Treatable

Not manageable. Not something you endlessly “journal through.” Treatable.

Imposter Syndrome is like mental whack-a-mole. You push one insecurity down, another pops up.

The trick isn't playing faster. It's getting out of the arcade.

You don't need a 6-month deep dive into your childhood. You need a fast, fierce strategy that:

- Identifies the real root.
- Processes the stuck memory.
- Lets you step back into your life—with no mental tightrope.

Two Therapies That Changed Everything

I spent 30 years as a children's emergency consultant, saving lives. And still believed I was one bad shift away from being found out.

Then I found this combo:

1. Solution-Focused Brief Therapy (SFBT)

No digging. No dissecting. Just:

- "What do you want instead?"
- "When has it worked before?"
- "How would tomorrow feel if this wasn't a problem?"

2. The BLAST Technique®

Think EMDR meets Formula 1.

BLAST uses eye movement and precise questions to reprocess trauma, stress, and shame—fast.

I cured 20 years of Imposter Syndrome. In six minutes.

What Causes Imposter Syndrome?

We think it's just a confidence glitch. It's not.

It's often a build-up of "little t" traumas:

- The humiliation at school
- The toxic feedback from a boss
- The quiet dismissal in a meeting
- The family who said "don't get above yourself"

Your brain stored them in short-term memory, unprocessed, like a bunch of open tabs on a browser that's been running for 15 years.

Every time something reminds your brain of those moments, it replays the tension, fear, and shame.

But I've Learned to Manage It...

Sure. But let's be honest.

"Managing" often looks like:

- Over-preparing for every meeting
- Smiling while grinding your teeth
- Constantly seeking validation but dismissing compliments
- Taking on too much to avoid being seen as incapable

You don't need to push harder. You need to feel safe enough to stop.

Try This: A Tiny Exercise

Close your eyes. Now ask yourself:

“If I woke up tomorrow and this didn’t exist—no imposter voice, no fraud feelings—what would feel different?”

Notice what comes up:

- Lighter?
- Energised?
- Free to say no?
- Free to speak up?

That’s the foundation. That’s where change begins.

Common Myths (and My Eye Rolls)

MYTH: "Everyone has it. Just live with it." 🙄 No. Shared suffering isn't a solution.

MYTH: "It keeps me humble." 🙄 It keeps you anxious and exhausted.

MYTH: "I just need to be more confident." 🙄 Confidence without safety is just performance.

You don't need to fake it. You need to feel it.

So, What Now?

Start simple:

- Book a free consult with me
- Try one of the relaxation or mindset exercises I share
- Read the long-form version of this guide
- Or go all-in and do what I did: clear it once and for all

You don't need to unpack your whole life. You don't need a sabbatical.

You need a therapist who treats this like a solvable problem—because it is.

Final Word

I've sat with medics, executives, authors, and CEOs who've saved lives, built empires,
published books...
And still felt like a fraud.

I was one of them. Until I wasn't.

There is life beyond the performance.

And when you stop trying to prove you're good enough, you finally feel free to be as good as
you actually are.

That's the version of you the world needs.

You're not a fraud. You're a force.

