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## Viewpoints

*Observing events in our modern world from the viewpoint of our ascended Savior.*

### Imposter Syndrome ~ March 22, 2015

*The more you trust Jesus, the less you'll be afflicted by this syndrome.*

[Online Version & Archive](#)

The Massachusetts Institute of Technology (MIT) is routinely referenced as one of the world's top universities. Standouts who gain entrance to MIT will find themselves surrounded by equally talented if not more talented schoolmates. To attend an "elite school teeming with overachievers who are strangers to failure" can bewilder even the most brilliant student.

MIT is in the news because four students in the past year committed suicide, two happening just last month. These tragedies "have prompted fresh soul-searching among students, administrators, and faculty about stress and how to tame it... [Thus] MIT is encouraging students to talk about the psychological phenomenon called 'impostor syndrome,' a frequent feeling of being a failure despite a record of accomplishment."

My friends, you don't need to be at MIT to suffer from Imposter Syndrome. Over the years I've counseled teachers, stay-at-home moms, business owners, nurses, and even an executive who exhibited signs of Imposter Syndrome. Could you be suffering from it? Courtesy of Caltech (the home of NASA's Jet Propulsion Laboratory), here are three ways that Imposter Syndrome may be affecting you.

1. Feeling like a fake: the belief that one does not deserve his or her success or professional position and that somehow others have been deceived into thinking otherwise... People who feel this way would identify with statements such as: "I can give the impression that I am more competent than I really am." "I am often afraid that others will discover how much knowledge I really lack".
2. Attributing success to luck... Someone with such feelings would refer to an achievement by saying, "I just got lucky this time" [or] "it was a fluke." [And there may be the fear] that they will not be able to succeed the next time.
3. Discounting Success: The tendency to downplay success... by saying, "it is not a big deal," "it was not important..." [or] "I did well because it is an easy class, etc." [Such a person] might have a hard time accepting compliments.

God teaches a variety of ways to overcome Imposter Syndrome. Here are but two.

1. Know who you really are. We each began our lives lost in unbelief and belonging to the Evil One.<sup>1</sup> But God rescued us by sending his Spirit into our hearts to bring us to believe in Christ's death and resurrection.<sup>2</sup> So who you really are is not defined by any achievement (or failure) here on earth. Your real identity and value is found in Jesus! **"You are all sons of God through faith in Christ Jesus, for all of you who were baptized into Christ have clothed yourselves with Christ"** (Galatians 3:26). God the Father sees you and treats you with all the love, strength and support that he gives his eternal Son, Jesus!

2. Remember the source of your achievements in the past and pending in the future. Your past achievements are not due to luck, nor are they due to your native abilities. It was God who provisioned and equipped you to achieve your past honors, and it is good to give him glory by reviewing what God has done for you.<sup>3</sup> Since this is the same Savior God who carries you into the future, you can call on him in prayer and take his promises to heart, receiving his gifts of confidence and strength for the future. **"For I know the plans I have for you,' declares the LORD, 'plans to prosper you and not to harm you, plans to give you hope and a future'"** (Jeremiah 29:11).

Here are but two ways for battling Imposter Syndrome. Obviously they're worthy of much more study. But ultimately, growing in your faith in Jesus is the real answer to all of life's problems. It's not rocket science to realize that Jesus is your Reality, not those false feelings prompted by the Imposter Syndrome.

Source Material (Links may become inactive over time.)

<sup>1</sup> See [2 Corinthians 4:4](#)

<sup>2</sup> See [2 Corinthians 6:9-11](#)

<sup>3</sup> See [Psalm 105](#) for an example of glorifying God for the past achievements he worked through his people.

[The Imposter Syndrome](#) @ Caltech Counseling Center

[MIT...offers support after recent suicides](#) @ The Boston Globe

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*Blessings to you and your loved ones, Pastor Mike Nitz*

