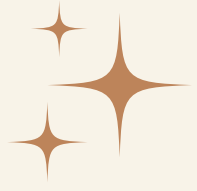




JOURNEY
COUNSELING & WELLNESS



Newsletter

June 2025 Edition

Rediscovering Your Worth & Identity
Beyond the Pressure to Perform



BREAKING FREE FROM THE IMPOSTER PHENOMENON

Have you ever found yourself thinking, “They’re going to find out I have no idea what I’m doing”, even though you’re juggling life, work, relationships, and still showing up every day and doing the phenomenal?

You’re not alone.

What you’re experiencing may be Imposter Phenomenon—an exhausting mindset where success feels undeserved, and self-doubt overshadows your worth.

<https://journeycw.com>

THE TRUTH BEHIND THE MASK

Many high-achieving women carry an invisible weight. Despite your degrees, experience, and resilience, you may still question whether you truly “deserve” the space you occupy. That constant pressure to prove yourself — again and again — isn’t about a lack of skill. It’s burnout wearing the mask of fraudulence.

And the moment you open the door to vulnerability—that’s when you begin the shift toward self-worth and healthy identity development.



From Imposter Phenomenon to True Identity: 4 Healing Shifts

1. Name the Inner Critic — Then Talk Back

Imposter thoughts thrive in silence. When you hear that voice say, “You don’t belong,” name it. (Some women call it “The Perfectionist” or “The Fraud Police.”) Then respond with truth: “I’ve earned this. My voice matters.”

2. Separate Your Feelings from the Facts

Feeling like a fraud doesn’t mean you are one. Practice grounding statements like: “I feel unqualified right now, but the evidence says I’m capable and prepared.”

3. Reframe Failure as Feedback

Perfectionism fuels imposter beliefs. Reframing mistakes as information, not indictment, gives you room to grow instead of shrink.

4. Surround Yourself with Mirror Holders

You don’t have to navigate this alone. Find safe, affirming spaces like therapy, sister circles, mentors — where others can reflect back the truth of who you are, especially when you forget.

A Letter to Every Woman Who's Ever Felt Like She's Not Enough

Can we pause for a moment — just you and me?
Not as therapist and client. Not as roles or responsibilities. But woman to woman. Human to human.

I want to speak to the part of you that’s tired. The part that smiles through meetings, manages the chaos, shows up for everyone and still wonders if you’re doing enough.

Let’s be honest, there’s no promotion, degree, or external affirmation that can fill a hole carved by self-doubt. But there is healing in learning to take up space without apology.

If you’re ready, I’d love for you to try this short prompt:
“I am no longer performing. I am learning to...” Finish it. Whisper it. Claim it. Repeat it as often as needed.

Your voice matters, not because it’s loud, but because it’s yours!
And here’s what I need you to know:
You are NOT an impostor!
You are a woman rediscovering herself beneath the pressure!

And I’m right here, walking beside you as you remember this truth:

- Your worth was never conditional.
- Your identity is not up for negotiation.

“You were never meant to perform your way to worthiness. You were meant to be whole, seen, and enough, just as you are.”

With deep respect and unwavering belief in you,
Therapist & Fellow Woman in Progress

Dr. Sadi Reid

Connection TIP

Honor Your Exhaustion

Burnout isn’t failure, it’s feedback. Rest is not a reward; it’s a right. **Get your rest!**

Ask for Help Without Apology

Delegating isn’t weakness. It’s wisdom. Support is part of strength.

Reclaim Your Identity

You are not what you produce. Who are you without the titles and the tasks? That’s where your power lives.

Say It Out Loud

Talk to someone you trust like a therapist, coach, or friend. Imposter thoughts lose power when spoken in safe spaces.

Words to Remember

You are not behind. You are not lacking. You are growing even when it’s quiet.

