

The “*Impostor and the Writer*” Workshop
at the
Colorado Christian Writers Conference
May 13 – 16, 2015
presented by
Dr. Andrea Sims

Part One: The Impostor Explored

Come and hear an overview of the research on The Impostor Phenomenon – a brief history of the research and her connection with it. Take the 5-minute, 20-question quiz to see a profile of the impostor and discover where you may or may not fit along the impostor scale.

Part Two: The Impostor Writer

Andrea will share what the “impostor writer” looks like and read an excerpt from her book (in process) titled *Morning Pages of an Impostor*.

Part Three: The Impostor Silenced

Andrea will also share how to flourish and break through all kinds of fears by choosing what she calls “The Fourth Voice.” Leave the workshop with a “take-away” that will silence the impostor.

There will be two drawings: (1) for an original watercolor painting by Andrea and (2) a copy of *Our Southern Breeze* (Jones and [Sims] Taylor).

The Impostor Phenomenon Test

The Impostor Test was developed to help individuals determine whether or not they have IP characteristics and, if so, to what extent they are suffering.

Andrea will hand out this 20-question test at the workshop and will read each question aloud (for recording purposes). You will be asked to circle the number that best indicates how true the statement is of you. The creator of this test (Dr. Pauline Rose Clance) recommends that you give the first response that enters your mind rather than dwelling on each statement and thinking about it over and over. To encourage this approach, Andrea will allow 10 seconds for each response before moving on.

After completing the test, each of you will add together the numbers of the responses to each statement. The scale below will help you place yourself on the scale. The higher the score, the more frequently and seriously the Impostor Phenomenon interferes in your life.

(0)_____ (20)_____ (40)_____ (60)_____ (80)_____ (100)

Key:

Less than 40 : Few

From 41 – 60: Moderate

From 61 – 80: Frequent

Above 81: Intense

Note: Andrea scored 98 on her first test.

Silencing the Impostor

Andrea has selected key verses from God's Word that state the facts about who we are in Christ. She recommends that you choose one per week and then do the following for each verse: memorize it, do an in-depth study on key words, and meditate on it throughout that week. When faced with fears and insecurities (those "impostor" thoughts), silence them with His Word about your identity as His child.

The Word of God says that . . .

I am God's child, born again of the incorruptible seed of the Word of God which lives and abides forever (1 Peter 1:23).

I am complete in Christ (Col. 2:10).

I am the apple of my Father's eye (Psalm 17:8).

I am free from condemnation (Romans 8:1).

I am the righteousness of God through Jesus Christ (2 Cor. 5:21).

I am chosen (1 Thess. 1:4)

I am firmly rooted, built up, strengthened in the faith and overflowing with thankfulness (Col. 2:7).

I have love for others (John 13:34-35).

I am built on the foundations of the Apostles and Prophets, with Christ Jesus Himself as the Chief Cornerstone (Eph. 2:20).

I am a partaker of His divine nature (2 Peter 1:4).

I am God's workmanship, created in Christ Jesus for good works (Eph. 2:10).

I am one in Christ! Hallelujah! (John 17:21-23).

I have all my needs met by God according to His glorious riches in Christ Jesus (Phil. 4:19).

I have the mind of Christ (1 Cor. 2:16).

[Note: The Amplified Versions says . . . “But we have the mind of Christ (the Messiah) and do hold the thoughts (feelings and purposes) of His heart.”]

I have everlasting life (John 6:47).

I have a guaranteed inheritance (Eph. 1:14).

I have abundant life (John 10:10).

I have overcome the world (1 John 5:4).

I have the peace of God which passes understanding (Phil. 4:7).

I have access to the Father by one Spirit (Eph. 2:18).

I have received the power of the Holy Spirit to do great works (Mark 16:17).

I can do all things through Jesus Christ (Phil. 4:13).

I shall do even greater works than Christ Jesus (John 14:12).

I walk in Christ Jesus (Col. 2:6).

I have spiritual authority (1 John 4:4).

I press toward the goal for the prize of the high calling of God (Phil. 3:14).

I live by the law of the Holy Spirit (Romans 8:2).

I know God’s voice (John 10:14).

I show forth His praise (1 Peter 2:9).

I always triumph in Christ (2 Cor. 2:14).

Christ is in me, the Hope of Glory (Col. 1:27).

I am forgiven all my sins and washed in the blood (Eph. 1:7).

I am a new creature (2 Cor. 5:17).

I am the temple of the Holy Spirit (1 Cor. 6:19).

I am delivered from the power of darkness and translated into God’s Kingdom (Col. 1:13).

I am redeemed from the curse of the law (Gal. 3:13).

I am strong in the Lord (Eph. 6:10).

I am holy and without blame before Him (Eph. 1:4).

I am accepted in Christ (Eph. 1:6).

I am blessed (Deut. 28:1-4).

I am a saint (Romans 1:7).

I am qualified to share in His inheritance (Col. 1:12).

I am victorious (Rev. 21:7).

I am dead to sin (Romans 6:2, 11).

I am elect (Col. 3:12).

I am loved with an everlasting love (Jer. 31:3).

I am established to the end (1 Cor. 1:8).

I am set free (John 8:31-33).

I am circumcised with the circumcision made without hands (Col. 2:11).

I am crucified with Christ (Gal. 2:20).

I am alive with Christ (Eph. 2:5).

I am raised up with Christ and seated in heavenly places (Col. 2:12).

I am His faithful follower (Eph. 5:1).

I am the light of the world (Matt. 5:14).

I am the salt of the earth (Matt. 5:13).

I am called of God (2 Tim. 1:9).

I am brought near by the blood of Christ (Eph. 2:13).

I am more than a conqueror (Romans 8:37).

I am in Christ Jesus by His doing (1 Cor. 1:30).

I am an ambassador for Christ (2 Cor. 5:20).

I am beloved of God (1 Thess. 1:4).

I am the first fruits among His creation (James 1:18).

I am a king and a priest unto God (Rev. 1:6).

I am born of God and the evil one cannot touch me (1 John 5:18).

I am a joint heir with Christ (Romans 8:17).

I am reconciled to God (2 Cor. 5:18).

I am filled with blessings (Deut. 28:2).

I am healed by the wounds of Jesus (1 Peter 2:24).

I am sealed with the promise of the Holy Spirit (Eph. 1:13).

I am in the world as He is in heaven (1 John 4:17).

For whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely think on these things day and night. Hold on to the teaching of Christ. Then you will know the truth and the truth, by which you have been made holy, will set you free (Phil. 4:8, John 8:31-32, John 17:17).