

## VOCABULARY · EPISODE 27

# Defeat the Impostor Syndrome

Key words &amp; expressions · English + Español

10 words

Your English Toolbox

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## impostor syndrome

el síndrome del impostor · sentirse un fraude

**DEF**

the persistent feeling of being a fraud — believing that you do not deserve your success and fearing that others will discover you are not as capable as they think

*Impostor syndrome is almost universal among language learners: even when your English is genuinely good, you feel you are 'faking it'. Understanding the concept is the first step to defeating it.*

**ES**

La sensación persistente de ser un fraude — creer que no mereces tu éxito y temer que los demás descubran que no eres tan capaz como creen.

Es casi universal entre los estudiantes de idiomas.

***Impostor syndrome told her she wasn't a real English speaker — but her conversations proved otherwise.***

Impostor syndrome told her she wasn't a real English speaker. -> El síndrome del impostor le decía que no era una hablante real de inglés.

***The more you learn about English, the more you may feel impostor syndrome — that's normal and it means you are growing.***

The more you learn about English, the more you may feel impostor syndrome. -> Cuanto más aprendes inglés, más puedes sentir el síndrome del impostor.

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## to feel like a fraud

sentirse un farsante · sentirse un engaño

**DEF**

to believe secretly that you are not as qualified, capable, or authentic as others believe you to be

*Feeling like a fraud is the emotional core of impostor syndrome. It is almost always inaccurate — the people who feel like frauds tend to be the ones working hardest and most conscientiously.*

**ES**

Creer en secreto que no estás tan cualificado, capaz o auténtico como los demás creen.

Es el núcleo emocional del síndrome del impostor.

***She felt like a fraud every time she was called an advanced English speaker — but she had worked for years to earn it.***

She felt like a fraud every time she was called an advanced English speaker. -> Se sentía una farsante cada vez que la llamaban hablante de inglés avanzado.

***If you feel like a fraud in English, ask yourself: could a real fraud discuss what you just discussed?***

If you feel like a fraud in English, ask yourself: could a real fraud discuss what you just discussed? -> Si te sientes un engaño en inglés, pregúntate: ¿podría un fraude real discutir lo que acabas de discutir?

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## to own your progress

apropiarse de tu progreso · reconocer tu avance con orgullo

### DEF

to fully acknowledge and take pride in the progress you have made, without dismissing or minimising it

*Owning your progress is the direct antidote to impostor syndrome — instead of saying 'I got lucky' or 'it was easy', you say 'I worked hard and it paid off'. Crucial language for self-confidence.*

### ES

Reconocer plenamente y enorgullecerse del progreso que has hecho, sin descartarlo ni minimizarlo. Es el antídoto directo del síndrome del impostor.

**Own your progress — you didn't get here by accident.**

Own your progress — you didn't get here by accident. -> Aprópiate de tu progreso — no llegaste aquí por accidente.

**Every time you dismiss a compliment about your English, you fail to own your progress.**

Every time you dismiss a compliment about your English, you fail to own your progress. -> Cada vez que desestimás un cumplido sobre tu inglés, no te apropias de tu progreso.

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## to compare yourself to others

compararse con los demás · medirse contra otros

### DEF

to measure your own abilities, progress, or value against other people's, usually in a way that makes you feel inadequate

*Comparing yourself to others is one of the biggest obstacles in language learning — you compare your private struggle to others' public success. The only useful comparison is you today versus you yesterday.*

### ES

Medir tus propias habilidades, progreso o valor frente a los de otras personas.

Uno de los mayores obstáculos en el aprendizaje de idiomas.

**Stop comparing yourself to others — you don't know how long they have been learning.**

Stop comparing yourself to others — you don't know how long they have been learning. -> Deja de compararte con los demás — no sabes cuánto tiempo llevan aprendiendo.

**The moment she stopped comparing herself to native speakers, her confidence exploded.**

The moment she stopped comparing herself to native speakers, her confidence exploded. -> En el momento en que dejó de medirse contra los hablantes nativos, su confianza explotó.

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## to shrink back

**encogerse · retroceder por miedo o inseguridad**

### DEF

to become smaller, quieter, or less confident — to retreat from a situation because of fear or self-doubt

*Shrink back is the physical and emotional response to intimidation. In an English conversation, shrinking back means going quiet, avoiding eye contact, or letting others speak for you. The opposite is stepping forward.*

### ES

Volverse más pequeño, más callado o menos seguro — retirarse de una situación por miedo o duda personal.

La respuesta física y emocional ante la intimidación. En una conversación en inglés, encogerse significa quedarse callado o dejar que otros hablen por ti.

***Don't shrink back when the conversation gets fast — take a breath and hold your ground.***

Don't shrink back when the conversation gets fast — take a breath and hold your ground. -> No te encoja cuando la conversación se acelera — respira y mantén tu posición.

***She used to shrink back in meetings, but now she contributes confidently in English every time.***

She used to shrink back in meetings, but now she contributes confidently in English every time. -> Solía retroceder por inseguridad en las reuniones, pero ahora contribuye con confianza en inglés cada vez.

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## to give yourself credit

**reconocer el mérito · darte crédito por lo que has logrado**

### DEF

to acknowledge and accept your own achievements, strengths, or progress rather than dismissing them

*Giving yourself credit is the antidote to impostor syndrome — it means recognising what you have actually done, not minimising it. Most learners give themselves zero credit for their real progress.*

### ES

Reconocer y aceptar tus propios logros, fortalezas o progreso en lugar de descartarlos.

El antídoto del síndrome del impostor — significa reconocer lo que realmente has hecho, no minimizarlo.

***Give yourself credit: speaking a second language at any level is an impressive achievement.***

Give yourself credit: speaking a second language at any level is an impressive achievement. -> Reconóctete el mérito: hablar un segundo idioma a cualquier nivel es un logro impresionante.

***After the conversation, she gave herself credit for holding it together even when she did not know every word.***

After the conversation, she gave herself credit for holding it together even when she did not know every word. -> Después de la conversación, se dio crédito por haberse mantenido firme incluso cuando no sabía cada palabra.

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## to step into your role

asumir tu papel · ocupar el lugar que te corresponde

### DEF

to accept and fully inhabit who you are becoming, rather than feeling unworthy of the position

*Stepping into your role is the positive move after recognising impostor syndrome — you accept the role that your work and progress have earned you. In language learning, it means behaving like the English speaker you are becoming.*

### ES

Aceptar y habitar plenamente en quien te estás convirtiendo, en lugar de sentirte indigno de la posición.

El movimiento positivo tras reconocer el síndrome del impostor — aceptas el papel que tu trabajo y progreso te han ganado.

**Stop waiting to feel ready — step into your role as an English speaker and the confidence will follow.**

Stop waiting to feel ready — step into your role as an English speaker and the confidence will follow. -> Deja de esperar a sentirte listo — asume tu papel como hablante de inglés y la confianza vendrá después.

**It took him months to step into his role as team leader, but once he did, his English communication transformed.**

It took him months to step into his role as team leader, but once he did, his English communication transformed. -> Le llevó meses asumir su papel como líder de equipo, pero una vez que lo hizo, su comunicación en inglés se transformó.

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## to hold your head high

mantener la cabeza alta · no dejarse hundir por los errores

### DEF

to remain confident and dignified in the face of difficulty, failure, or criticism — to refuse to be ashamed

*Hold your head high is about dignity and self-respect under pressure. After making a mistake in English in public, holding your head high means continuing without letting the embarrassment define you.*

### ES

Mantenerse seguro y con dignidad ante la dificultad, el fracaso o la crítica — negarse a avergonzarse.

Se trata de dignidad y respeto propio bajo presión. Después de cometer un error en inglés en público, mantener la cabeza alta significa continuar sin que la vergüenza te defina.

**Even when the words came out wrong, she held her head high and kept the conversation going.**

Even when the words came out wrong, she held her head high and kept the conversation going. -> Incluso cuando las palabras salieron mal, mantuvo la cabeza alta y siguió la conversación.

**Hold your head high — you are learning a language, and that is one of the bravest things a person can do.**

Hold your head high — you are learning a language, and that is one of the bravest things a person can do. -> No te dejes hundir — estás aprendiendo un idioma, y eso es una de las cosas más valientes que puede hacer una persona.

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## to embrace failure

aceptar el fracaso como parte del proceso · abrazar los errores

### DEF

to accept failure as a necessary and valuable part of the learning process, rather than something to be avoided

*Embracing failure means reframing it — failure is not the opposite of success, it is part of the route to success. Every English mistake you make and learn from is progress. Refusing to fail means refusing to try.*

### ES

Aceptar el fracaso como una parte necesaria y valiosa del proceso de aprendizaje, en lugar de algo que hay que evitar.

Significa reformular el fracaso — no es lo opuesto al éxito, es parte del camino hacia el éxito.

**To speak English fluently, you must first be willing to embrace failure and speak badly for a while.**

To speak English fluently, you must first be willing to embrace failure and speak badly for a while. -> Para hablar inglés con fluidez, primero debes estar dispuesto a aceptar el fracaso y hablar mal durante un tiempo.

**The best English speakers are the ones who embraced failure early and kept going anyway.**

The best English speakers are the ones who embraced failure early and kept going anyway. -> Los mejores hablantes de inglés son los que abrazaron los errores pronto y siguieron adelante de todas formas.

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## to own your journey

hacerte cargo de tu propio camino · abrazar tu propio proceso de aprendizaje

### DEF

to fully accept and take pride in your own learning path, without comparing it to others

*Owning your journey means stopping the comparison game and recognising that your path is valid. Every English learner has a different starting point, pace, and goal. Owning yours is the foundation of sustainable progress.*

### ES

Aceptar plenamente y enorgullecerte de tu propio camino de aprendizaje, sin compararte con los demás.

Significa detener el juego de las comparaciones y reconocer que tu camino es válido.

**Own your journey — your accent, your timeline, your wins. There is no other journey like yours.**

Own your journey — your accent, your timeline, your wins. There is no other journey like yours. -> Hazte cargo de tu propio camino — tu acento, tu ritmo, tus logros. No hay otro camino como el tuyo.

**She stopped looking at how quickly others were progressing and owned her journey completely.**

She stopped looking at how quickly others were progressing and owned her journey completely. -> Dejó de fijarse en lo rápido que progresaban los demás y abrazó su propio proceso de aprendizaje por completo.