

Why This Doesn't Fade With More Success

NLP Mastery House

What this is for

More success doesn't switch this off — because the mechanism isn't about how much evidence you have, it's about whether you're allowed to feel like you belong in the room.

Identify which outside factor — not a personal flaw — is actually keeping the feeling alive.

Before you start

No materials needed. Just a room, team, or space where the feeling shows up most.

- A specific space where you feel it most — a meeting, an industry, a title you hold.
- 10 minutes, alone

The exercise

You're not diagnosing yourself here. You're diagnosing the room.

1. Name the space, and notice: are you one of very few people like you in it — first, only, newest, different background?
2. Ask: is there a stereotype about "people like me" in this space that I'm quietly trying not to confirm? Name it plainly.
3. Ask: do I see anyone here who already looks like proof it's possible for someone like me? If not, that absence is doing real work on your confidence — not your competence.
4. Separate two lists: what's actually about your skill, and what's actually about the room's makeup. Circle only the first list.

Your notes

Jot whatever surfaces — full sentences not required.

What you noticed

How much of the feeling turned out to belong to the room, not to you?

Your one next action

Small enough that it actually happens. Before we next meet.
