

10 Signs you may be mistaking competence for identity

Competence is a valuable strength. But over time, what we do well can quietly become who we believe we are.

If any of the following feel familiar, you may be *mistaking competence for identity*.

1. You find it difficult to say no

People often depend on you, and disappointing them feels uncomfortable.

2. You feel responsible for solving problems

You regularly step in, even when the responsibility isn't yours.

3. Rest feels unproductive

Doing nothing can leave you feeling uneasy or guilty.

4. Asking for help feels difficult

You are more comfortable supporting others than receiving support yourself.

5. Your value feels linked to being useful

You feel most worthwhile when you're contributing or helping.

6. You continue doing things you've outgrown

You keep performing familiar roles because they're part of how others know you.

7. You worry about disappointing people

Changing how you show up can feel like letting others down.

8. You rarely ask who you are beyond your role

Much of your attention stays focused on what you do rather than who you are.

9. You feel uncomfortable when you're not needed

Being needed has quietly become part of how you experience purpose.

10. You struggle to imagine yourself differently

The role has become so familiar that it's difficult to picture life beyond it.

A Gentle Reflection

Ask yourself:

Which role have I quietly mistaken for who I am?

There is nothing to fix. Nothing to defend. Simply notice.



**Sometimes freedom begins the moment we recognise that a role is something we perform...
Not who we are.**

A space to pause | A space to listen | A space to return to you.

