

Is your success due to luck? Afraid of being exposed as a phony?

- 70 % of ...
- Any gender
 - Any culture
 - Any job



have persistent **self-doubt**, feel that every **success** of them is **due to luck**, can not internalize their **objective success** and are afraid that will be exposed as a **fraud**.

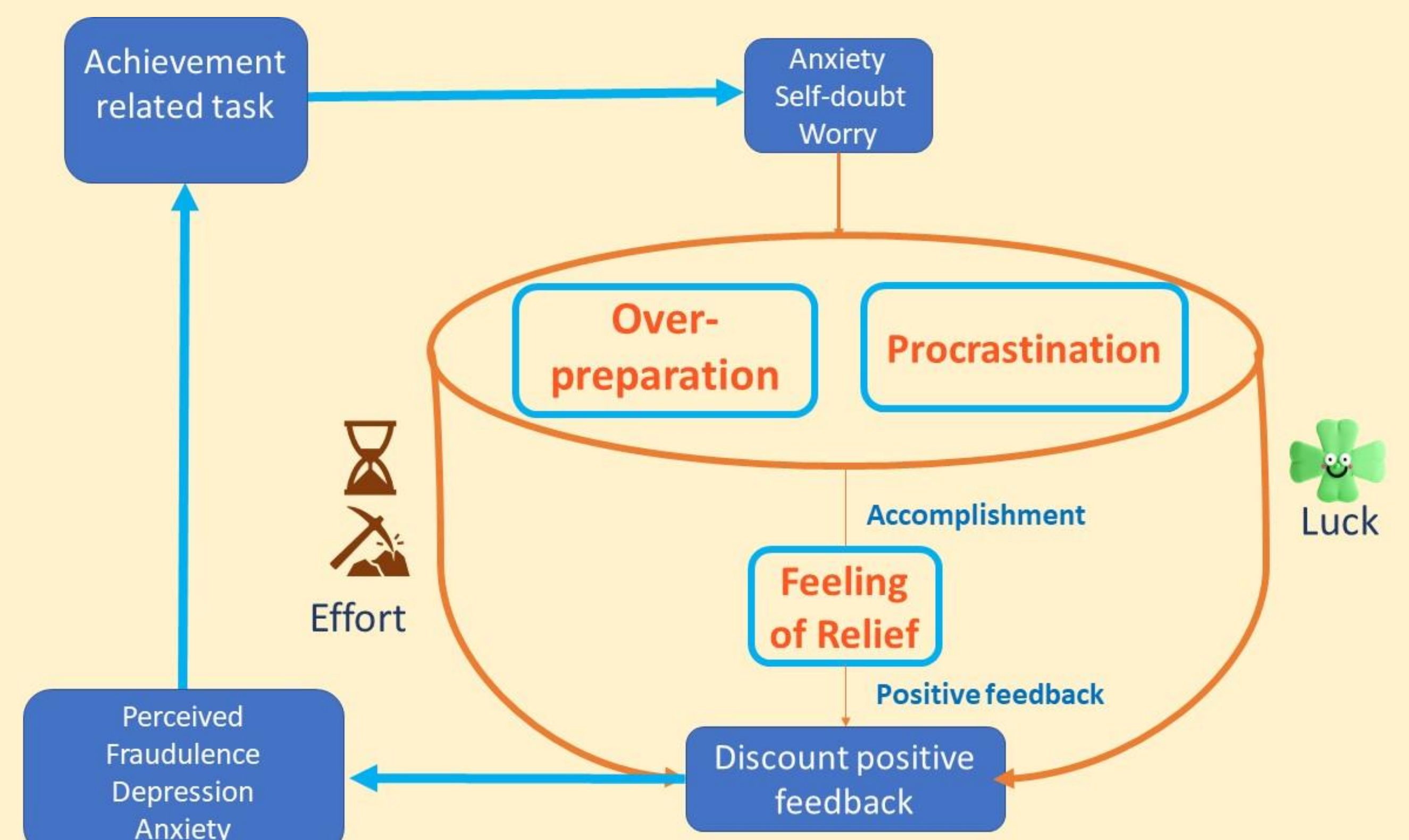
This is identified as

“Imposter Phenomenon”

<https://support.impostorsyndrome.com/for-us-50community/posts/360067741451/Flipping-the-script-on-Impostor-Syndrome>
Clance, P. R., & Imes, S. A. (1978). The imposter phenomenon in high achieving women: Dynamics and therapeutic intervention. *Psychotherapy: Theory, Research & Practice*, 15(3), 241-247. <https://doi.org/10.1037/h0086006>

Imposter Phenomenon often includes **at least two** of the following:

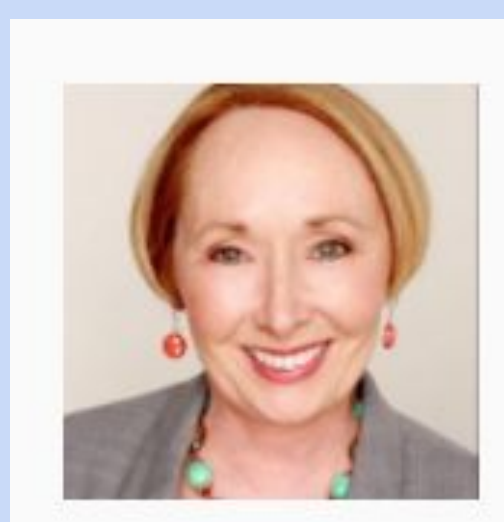
1. The Impostor Cycle



2. The need to be special or to be the very best
3. Superman/Superwoman aspects
4. Fear of failure
5. Denial of competence and Discounting praise
6. Fear and guilt about success.

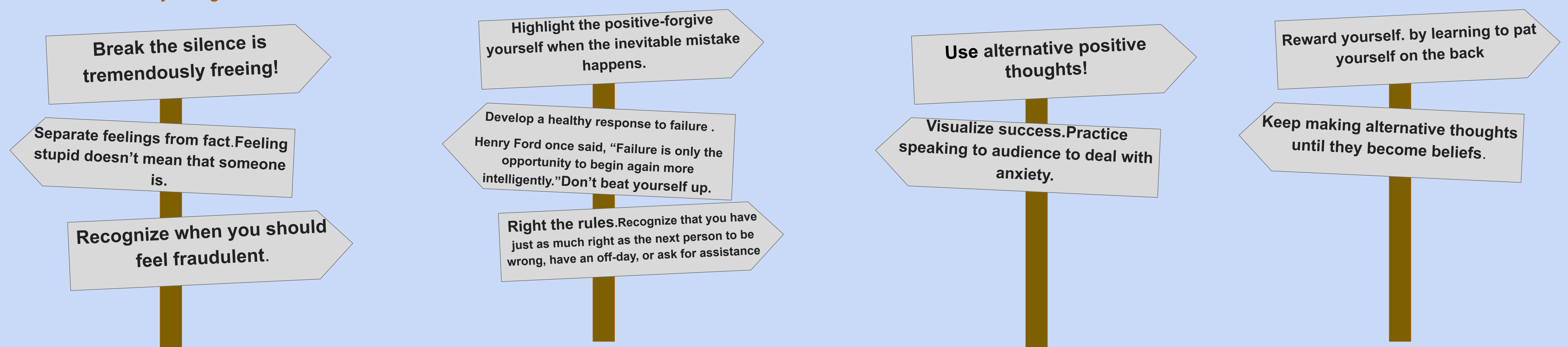
Sakulku, J. (1). The Impostor Phenomenon. *The Journal of Behavioral Science*, 6(1), 75-97. <https://doi.org/10.14456/jbs.2011.6>
Clance, P. R., & Imes, S. A. (1978). The imposter phenomenon in high achieving women: Dynamics and therapeutic intervention. *Psychotherapy: Theory, Research & Practice*, 15(3), 241-247. <https://doi.org/10.1037/h0086006>

Break the cycle



Valery Young

“The only way to stop feeling like an impostor
is to stop thinking like an impostor.”



<https://impostorsyndrome.com/10-steps-overcome-impostor/>