

# IMPOSTER PHENOMENON

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Feel like a fraud?

**Imposter Phenomenon** is a pervasive feeling of not belonging, feeling that one's competence and success are fraudulent and inauthentic despite evidence. It is widely experienced across genders, ages, occupations, and different cultures. An estimated 70% of people will experience at least one episode of Imposter Phenomenon in their lives.

## **Remember, lots of people feel this way.**

Feeling like a fraud is common. Imposter phenomenon is widespread, but rarely talked about; each person feels like they are keeping a secret. In reality, the same people that you fear will expose you as a fraud are probably feeling like an imposter themselves.

## **Separating feelings from fact.**

Emotions are a strong enforcer, but you should separate fact from feeling – feeling stupid does not mean you are stupid. You likely just haven't learned something YET.

## **Celebrate your successes.**

Striving for perfection can indicate a healthy drive to excel. The trick is to not obsess over everything, instead focus on your success. Even if you “got lucky” or had outside help, it is still your success, so go celebrate them!

## **Fake it 'til you make it.**

Sometimes, we have to fly by the seat of our pants. Instead of “winging it” as proof of your ineptness, do what many high achievers do and view it as a skill. Don't wait until you feel confident to start taking risks. Change your behavior first and allow your confidence to build.

## **Validate achievements of your peers.**

Studies show that social environments are significant influencers of Imposter Phenomenon. By validating your peers' achievements, a more positive and caring environment is created, which is beneficial for everyone!

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<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5869760/>

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