

# Are you an impostor?

An impostor syndrome breakdown

# Hi, I'm Flavien Knuchel

Web Developer @ **Antistatique**



React



GraphQL



Redux



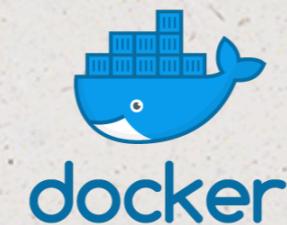
Mobx



Symfony



Symfony  
core contributor



docker



Twig



Gutenberg

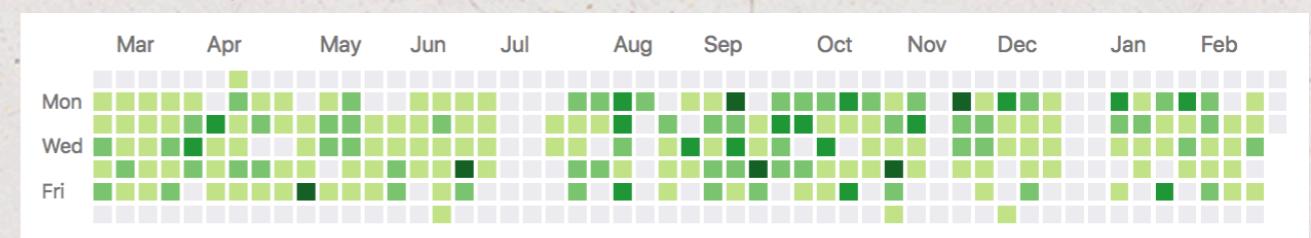


WORDPRESS



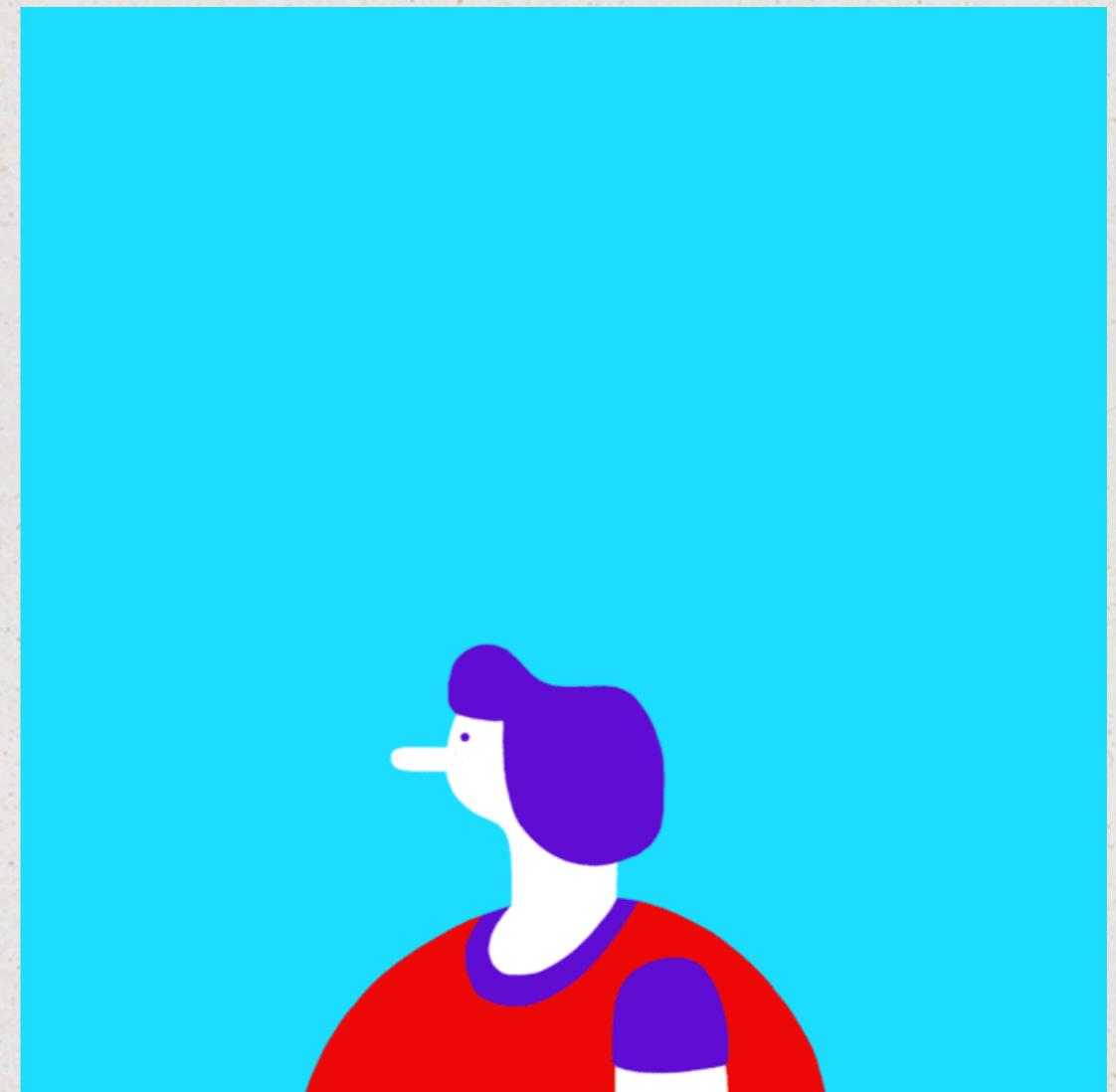
[github.com/knuch](https://github.com/knuch)

2,469 contributions in the last year



# The impostor syndrome

- What is it?
- Influential factors
- Why do you feel it?
- The dangers
- The upsides
- Make it a strength
- The other side of the fence
- Help others



— What is it?



1978

Pauline Rose Clance & Suzanne Imes

The Imposter Phenomenon in High  
Achieving Women: Dynamics and  
Therapeutic Intervention



I DIDN'T DO ENOUGH.

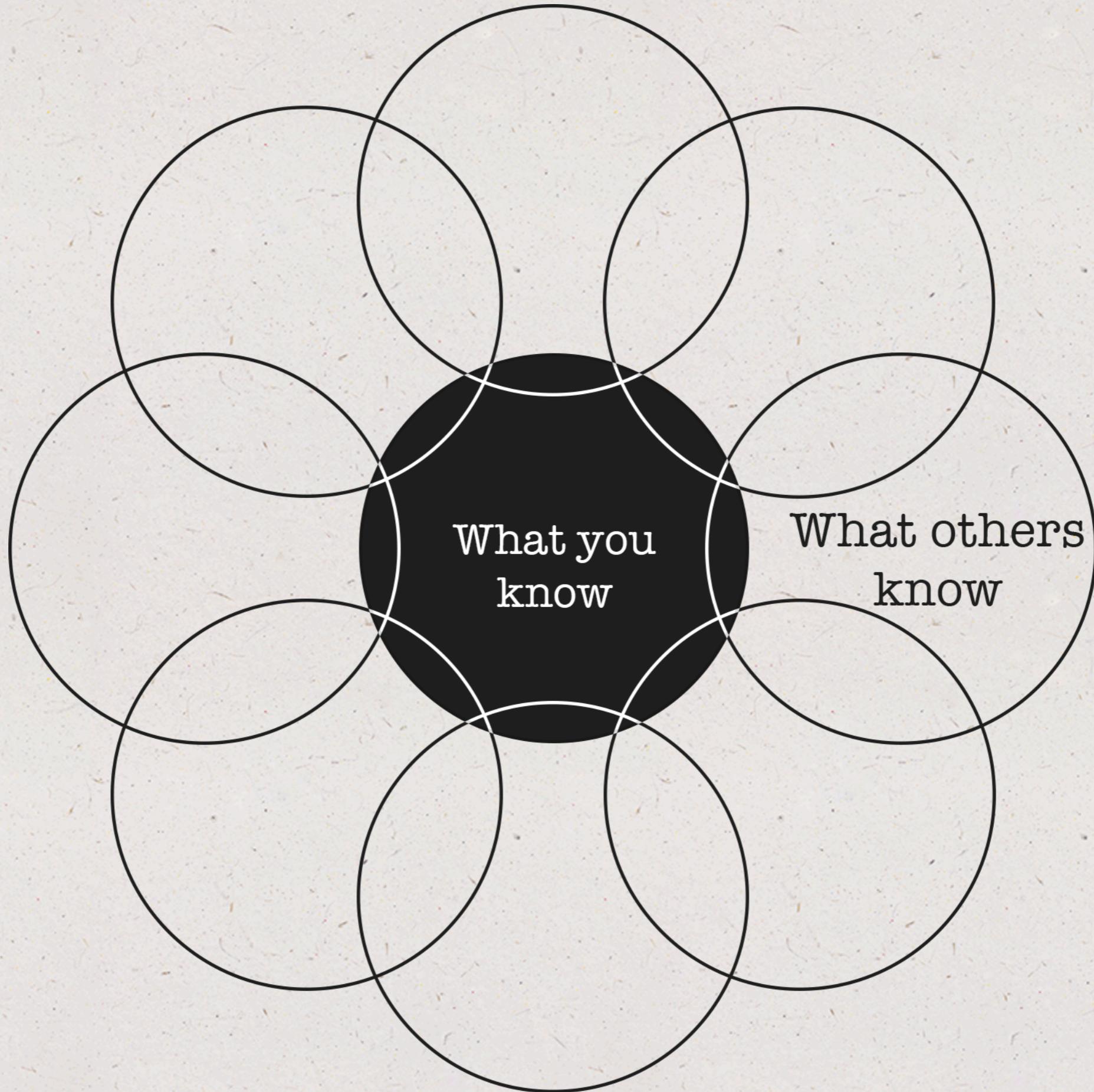
[imgflip.com](https://imgflip.com)

*You did so much.*

A Venn diagram consisting of two overlapping circles. The left circle is solid black and contains the white text "What you know". The right circle is white with a black outline and contains the black text "What others know". The two circles overlap in the center.

What you  
know

What others  
know

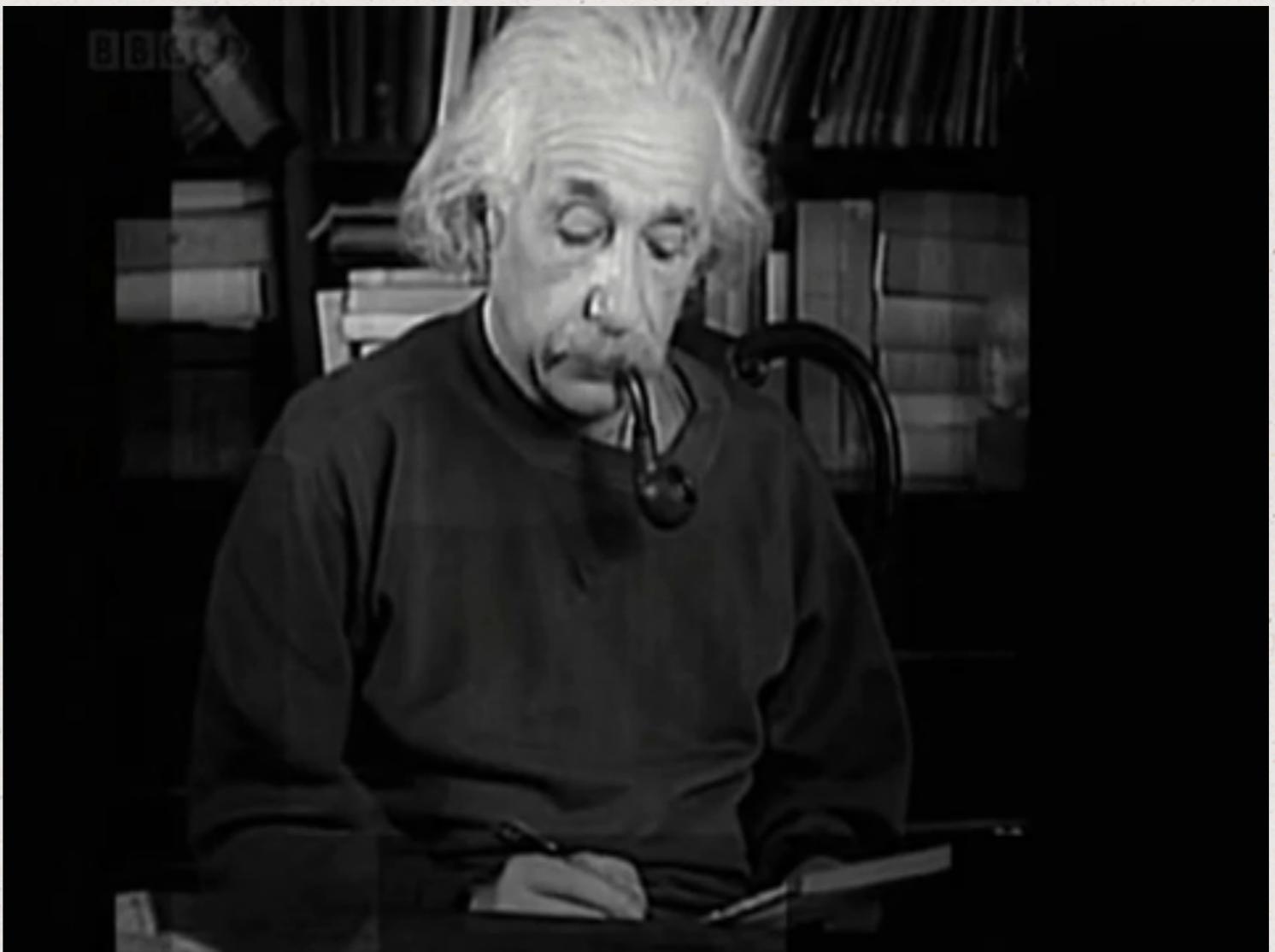


A Venn diagram consisting of two overlapping circles. The left circle is solid black and contains the white text "What you know". The right circle is white with a black outline and contains the black text "What others know". The two circles overlap in the center.

What you  
know

What others  
know

70%



– Influential factors



Warm for  
Daily Stay

Be the different

POSITIVE  
MY MOMENT

Find joy in the world



Perfection.













A composite image. On the left, a close-up of Will Smith's face, looking shocked or surprised. On the right, a background of a computer screen displaying a large amount of colorful, abstract code or data, possibly from a debugger or a terminal window.

— Why do you feel it ?



A photograph of a person sleeping peacefully in a bed. The person is covered with a light-colored duvet and a red blanket. The scene is set in a dimly lit room, suggesting a quiet night's sleep.

**GET OUT OF YOUR  
COMFORT ZONE**



I have no idea what I'm doing

— The dangers

WORK HARDER



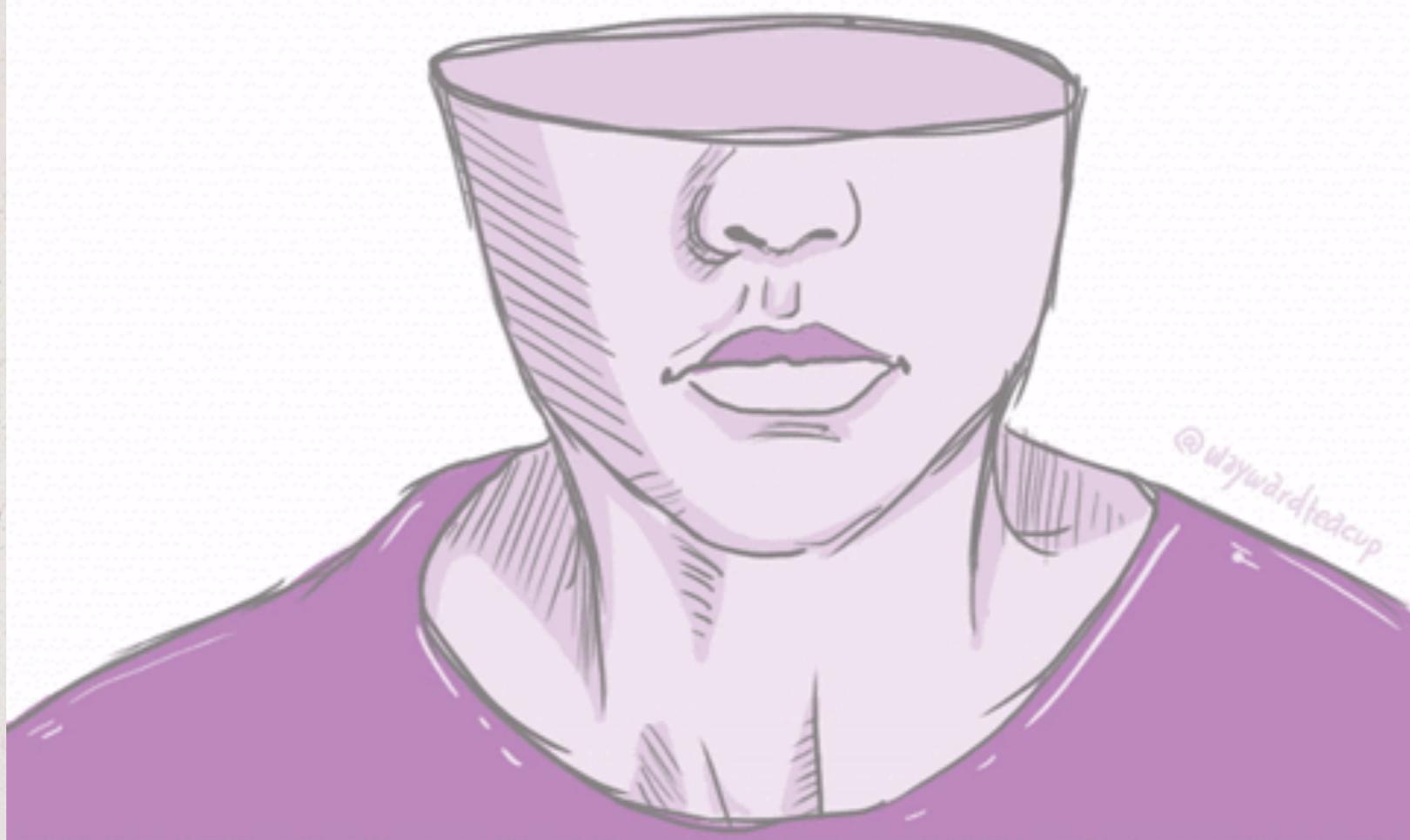
**THE IMPORTANT  
THING IS THAT**



**I BELIEVE  
IN MYSELF**



— The upsides





**I don't care if you  
don't like me**

— Make it a strength

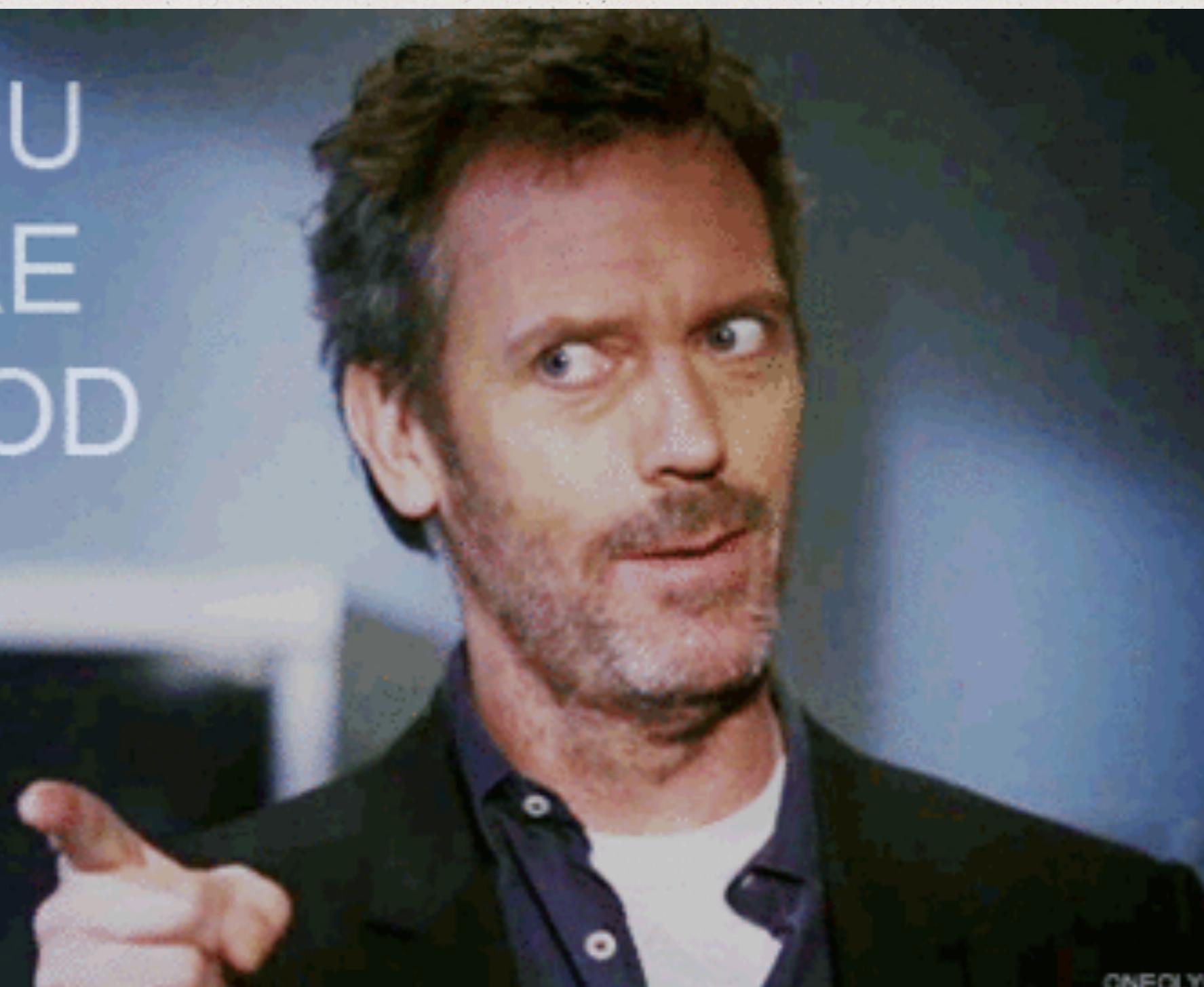








YOU  
ARE  
GOOD



ONEONLYCHANCE.TUMBLR



– The other side of  
the fence



THERE IS NO NEED TO BE UPSET







**PERHAPS I COULD BE OF SOME  
ASSISTANCE.**

– Help others





@LateNightSeth





– I may have lied to  
you

# Actually, I'm Flavien Knuchel

Impostor @ **Antistatique**



# — Takeaways

- Everybody has this syndrome
- Everybody cheats and take shortcuts
- You don't have to perfect, nobody is
- Talk to people you trust, ask them feedback
- Learn your strength and weaknesses
- If you feel it, you are progressing
- Don't let it ruin your life. Take action
- Be honest about your flaws of weaknesses
- Give encouragment, compliments and praises

— Thank you  

You are awesome

Let's share a drink!  

— Questions ?