

Angela@PolarisSolutions.com

Twitter: @OakParkGirl



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I'm a phony. Are you?

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Posted in Musings

He said:

"Deep down know I'm ok. Programming since 13, graduated top of CS degree, got into Microsoft - but [I feel like I'm] an imposter."

I told him, straight up, **You Are Not Alone.**



What the @!%&?

Are you an “Imposter”?

*“When people praise me for something I’ve accomplished,
I’m afraid I won’t be able to live up to their expectations of me in
the future”*

*“I’m afraid people important to me may find out that I’m not as
capable as they think I am”*

“I rarely do a project or task as well as I’d like to do it”

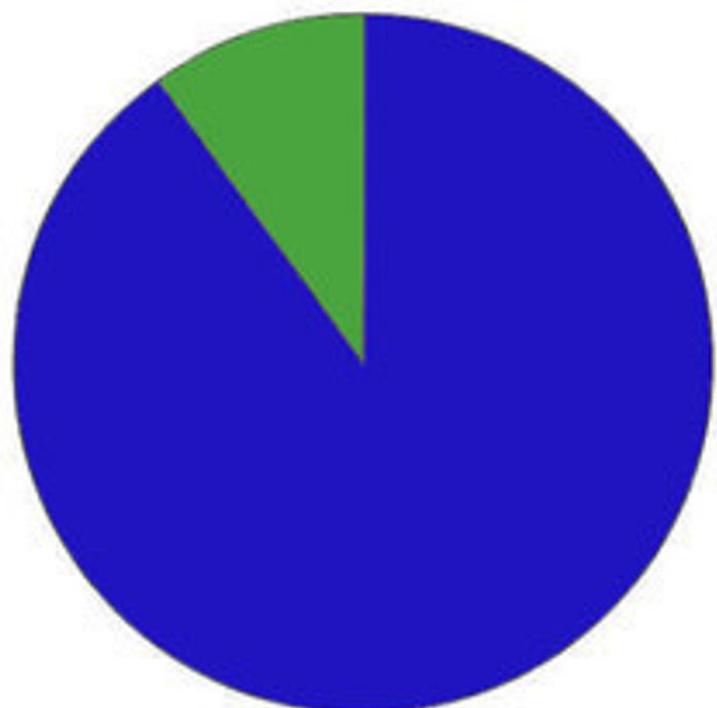
*“I often compare my ability to those around me and think they
may be more intelligent than I am”*

ALL COMPLIMENTS YOU RECEIVE:



- FROM SOMEONE WHO IS LYING
- FROM NICE RELATIVES WHO DON'T KNOW WHAT THE HELL THEY'RE TALKING ABOUT

THOUGHTS YOU HAVE ON THE FIRST DAY OF A NEW JOB:

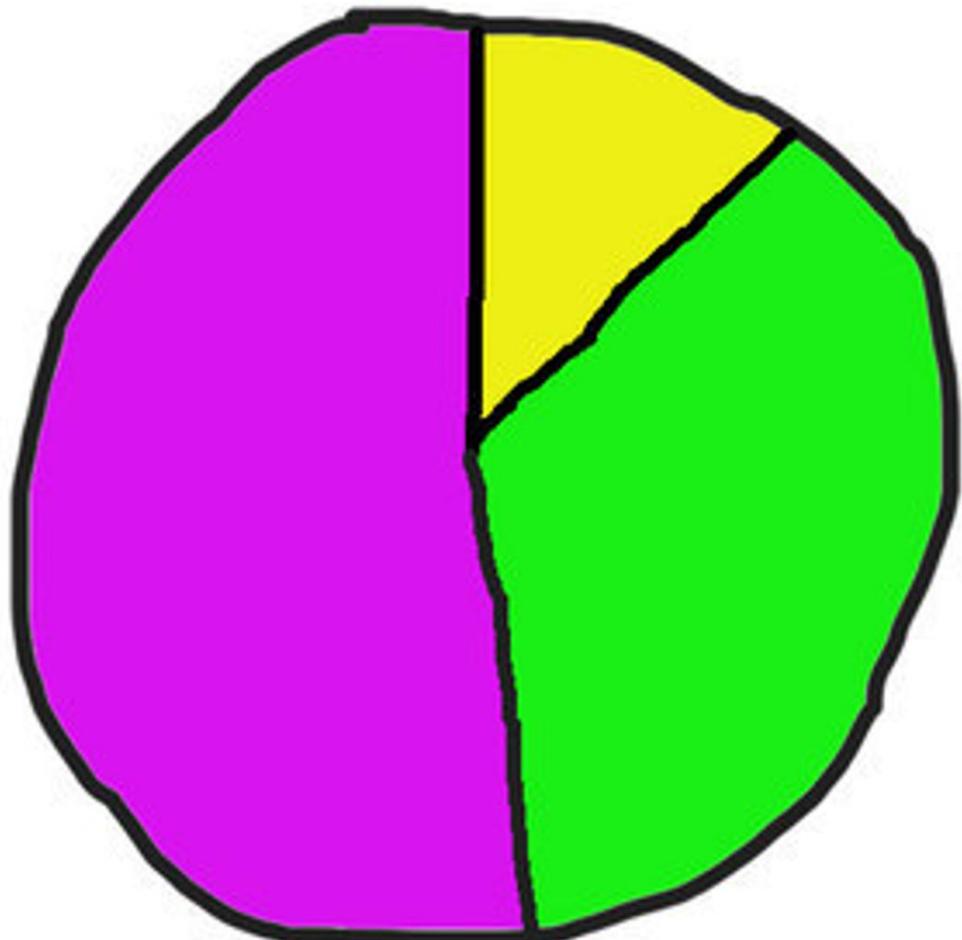


- MY BOSS IS GOING TO REALIZE I WAS A HUGE MISTAKE.
- MY BOSS IS GOING TO REALIZE I WAS A HUGE MISTAKE.

THOUGHTS YOU HAVE WHENEVER YOU NEED TO SUCCEED AT YOUR JOB:

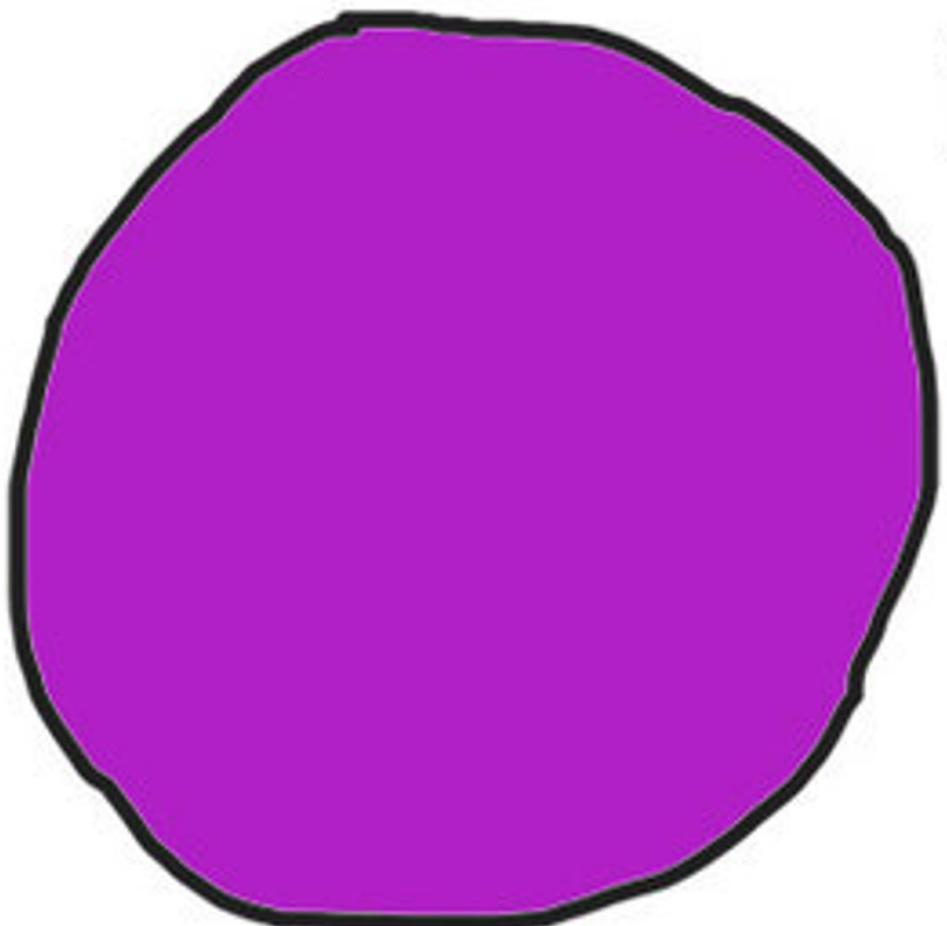


THINGS YOU BEAT YOURSELF UP FOR:



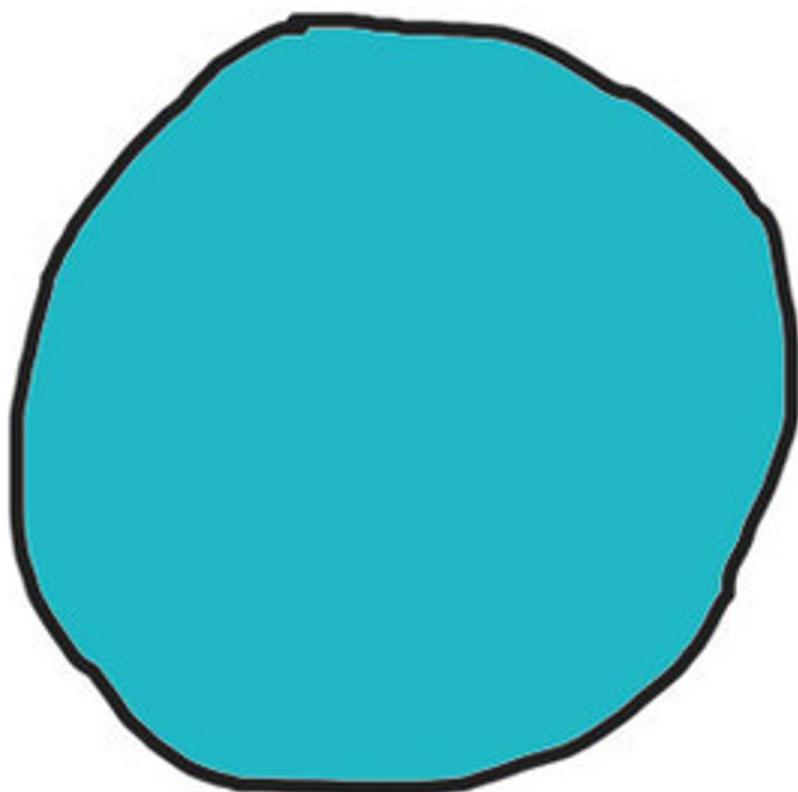
- STUFF OUT OF YOUR CONTROL
- STUFF EVERYONE HAS LITERALLY ALREADY FORGOTTEN ABOUT
- STUFF NOBODY ELSE EVEN NOTICED

WHAT YOU THINK YOU ARE:



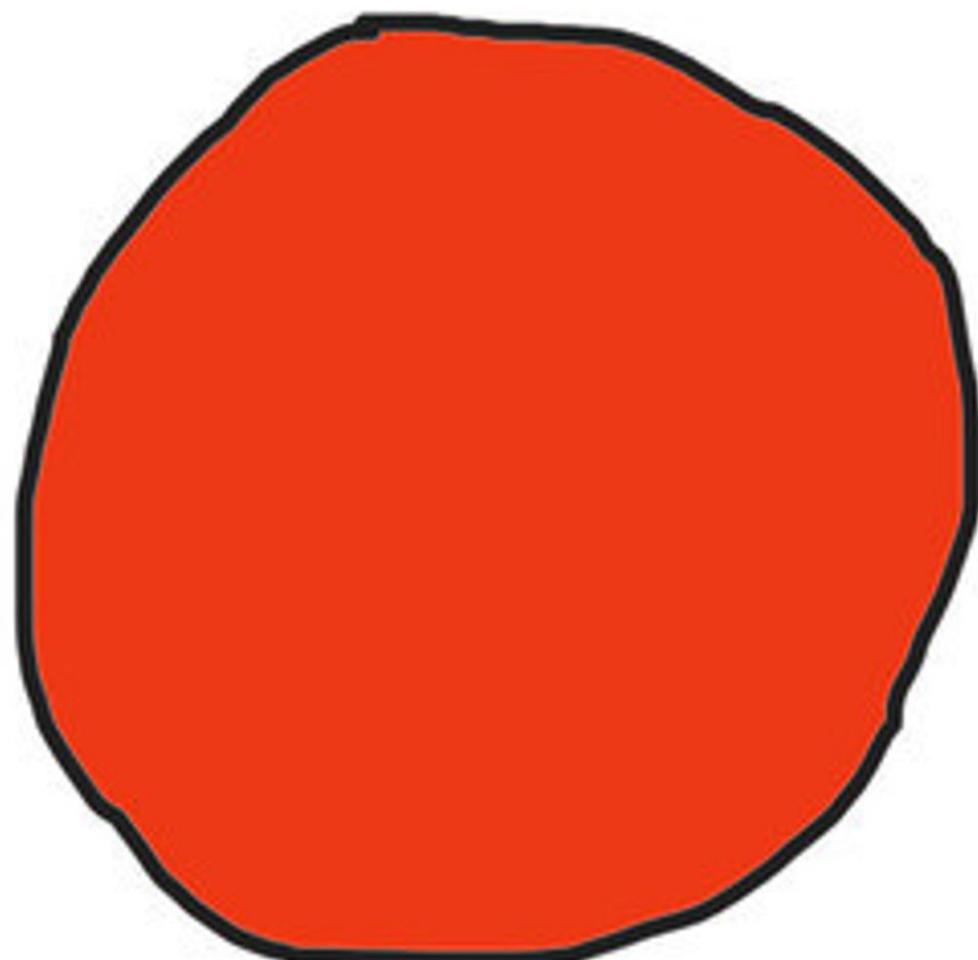
A HOT CRAZY
TRUCK FIRE MESS
OF A PERSON WHO
DISAPPOINTS
IMPORTANT PEOPLE

WHO OTHERS THINK YOU ARE:



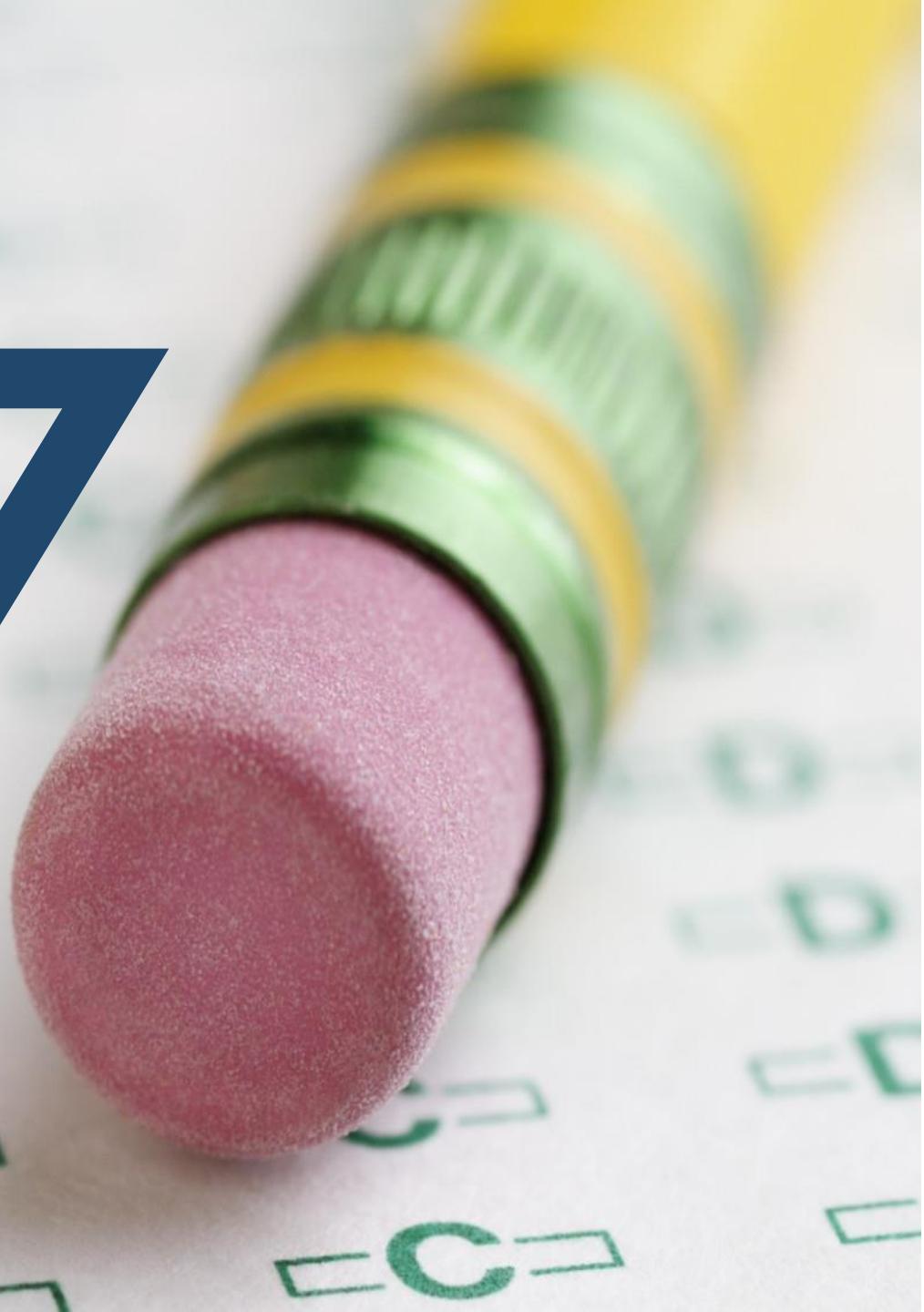
COOL
AND FINE

TYPES OF PEOPLE WHO ~~DO~~ HAVE IMPOSTOR SYNDROME:



- ALL THE SMART, SUCCESSFUL
PEOPLE THAT YOU THINK
HAVE THEIR SHIT TOGETHER

77



IT Manager: 55

Scenic Painter: 71

SAHM: 52

Kindergarten Teacher: 56

Screen Printer: 73

IT Evangelist: 40

IT Consultant: 55

SAHM: 69

Academic Coach: 57

Graphic Designer: 74

Lawyer: 89

Biology Teacher: 65

Agile coach: 74

Librarian: 71

Industrial Plumber: 54

Management Consultant: 67

IT Director: 77

SAHM: 39

Senior Developer: 67

Freelance Writer: 30

Senior Developer: 70

Interior Designer: 55

Lawyer: 53

Network Administrator: 39

ALM Consultant: 87

Audio Engineer: 67

Agile coach: 77

Dietician: 69



Researchers believe that up to 70% of people have felt the effects of impostor syndrome at some point



Neil deGrasse Tyson @neiltyson

If you never make mistakes then you are not on the frontier of discovery, for there is where mistakes are made all the time.

 Retweeted by 4863 people

 1 hour ago









BE EXCELLENT TO EACH OTHER

How to find me!

Email: Angela@PolarisSolutions.com

LinkedIn: <https://www.linkedin.com/in/andugan>

Slideshare.NET: <http://www.slideshare.net/angelabinkowski>

Twitter: @OakParkGirl, @ChicagoALM, @TeamPolaris

Blog - <http://www.tfswhisperer.com/>

Polaris Solutions website - <http://www.polarissolutions.com/>

Reading List

Managing Humans - \$18

Getting Naked ~\$20

The Art of Asking ~\$18

The Authenticity Paradox ~\$0

Angela's Slide decks: <http://www.slideshare.net/angelabinkowski>

Thank you