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I'm a phony. Are you?

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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”?

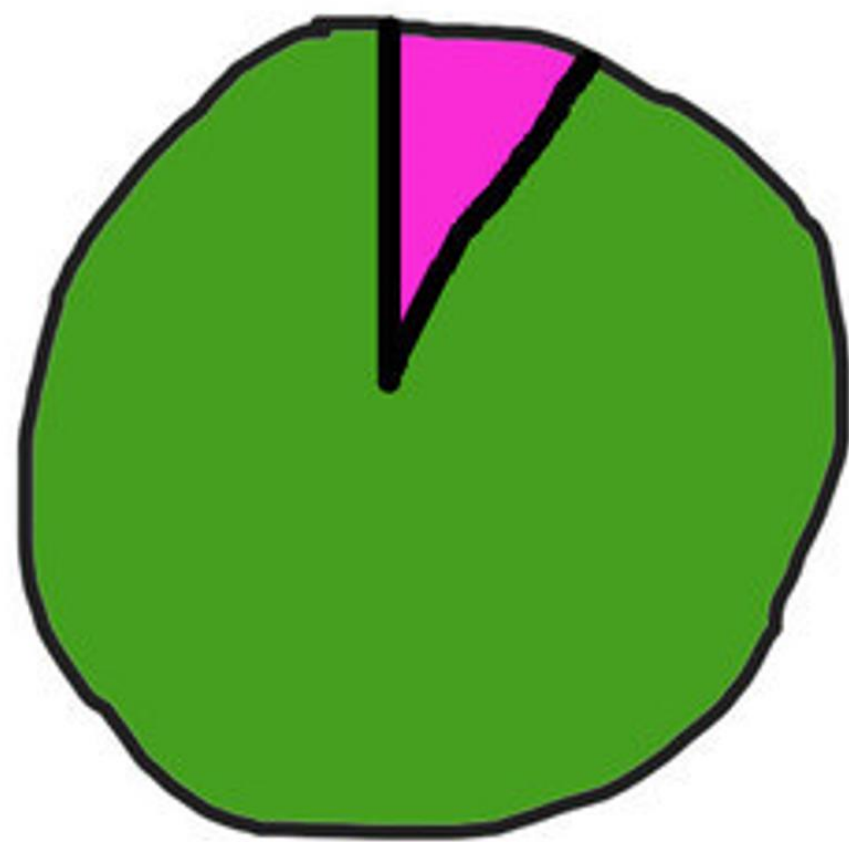
“When people praise me for something I’ve accomplished, I’m afraid I won’t be able to live up to their expectations of me in the future”

“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”

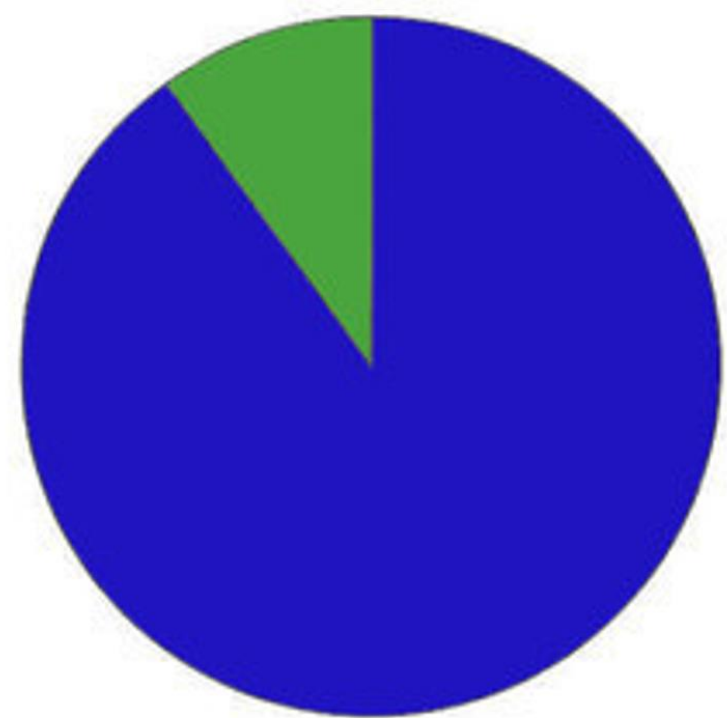
ALL COMPLIMENTS YOU RECEIVE:



■ 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:

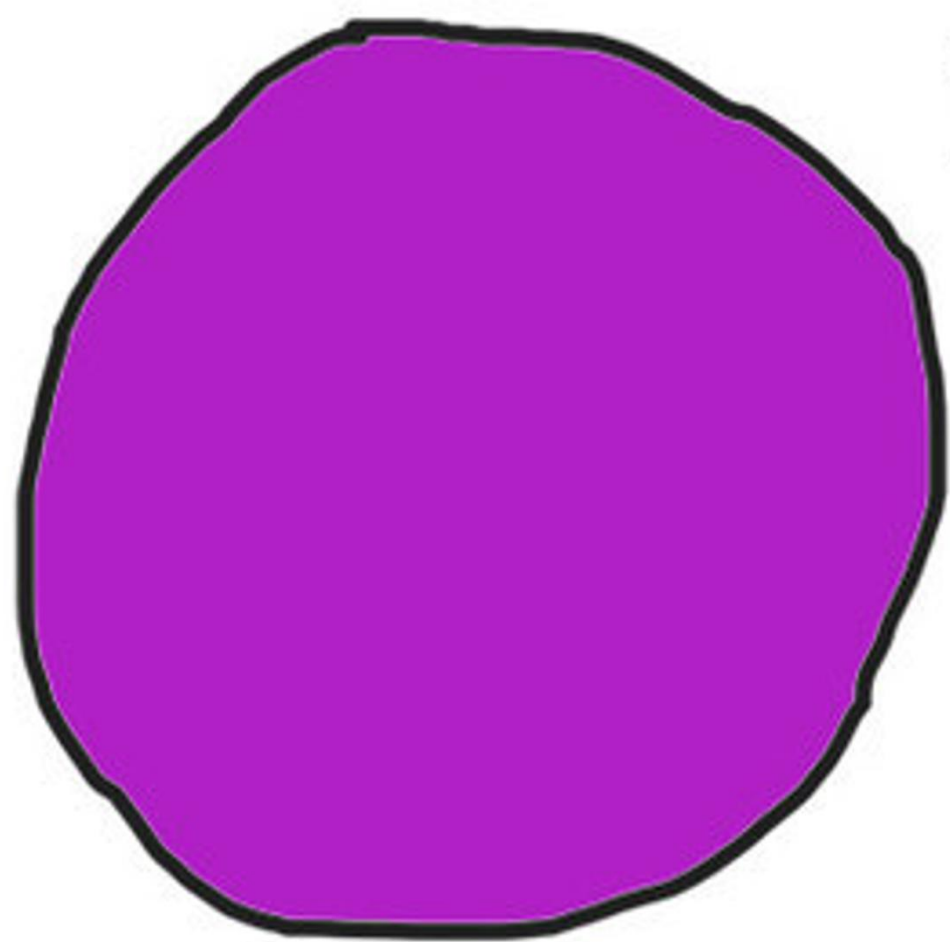


THINGS YOU BEAT YOURSELF UP FOR:



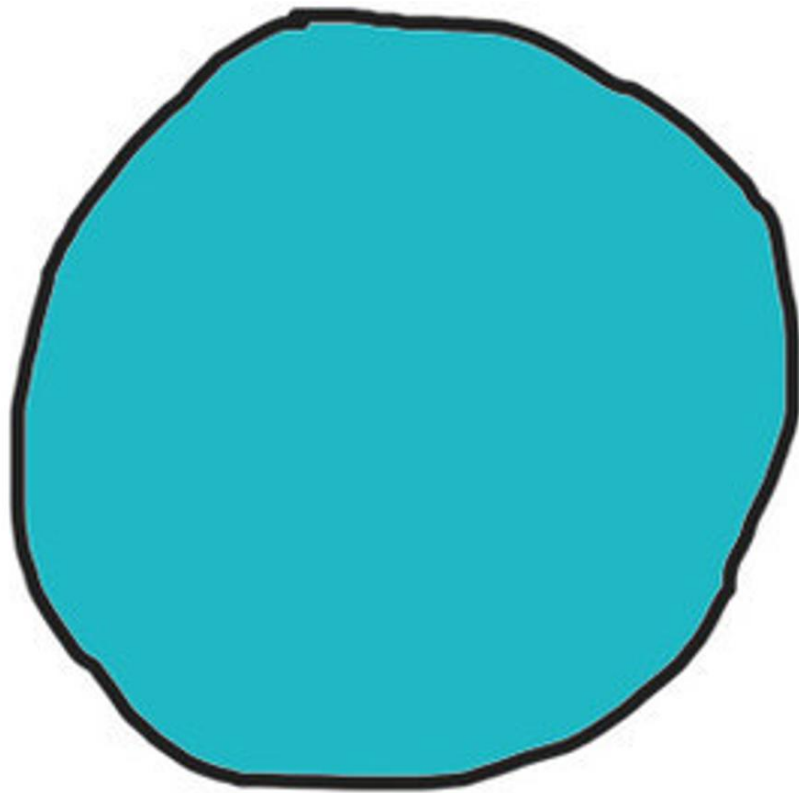
- STUFF OUT OF YOUR CONTROL
- STUFF EVERYONE HAS LITERALLY ALREADY FORGOTTEN ABOUT
- STUFF NOBODY ELSE EVEN NOTICED

WHAT YOU THINK YOU ARE:



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

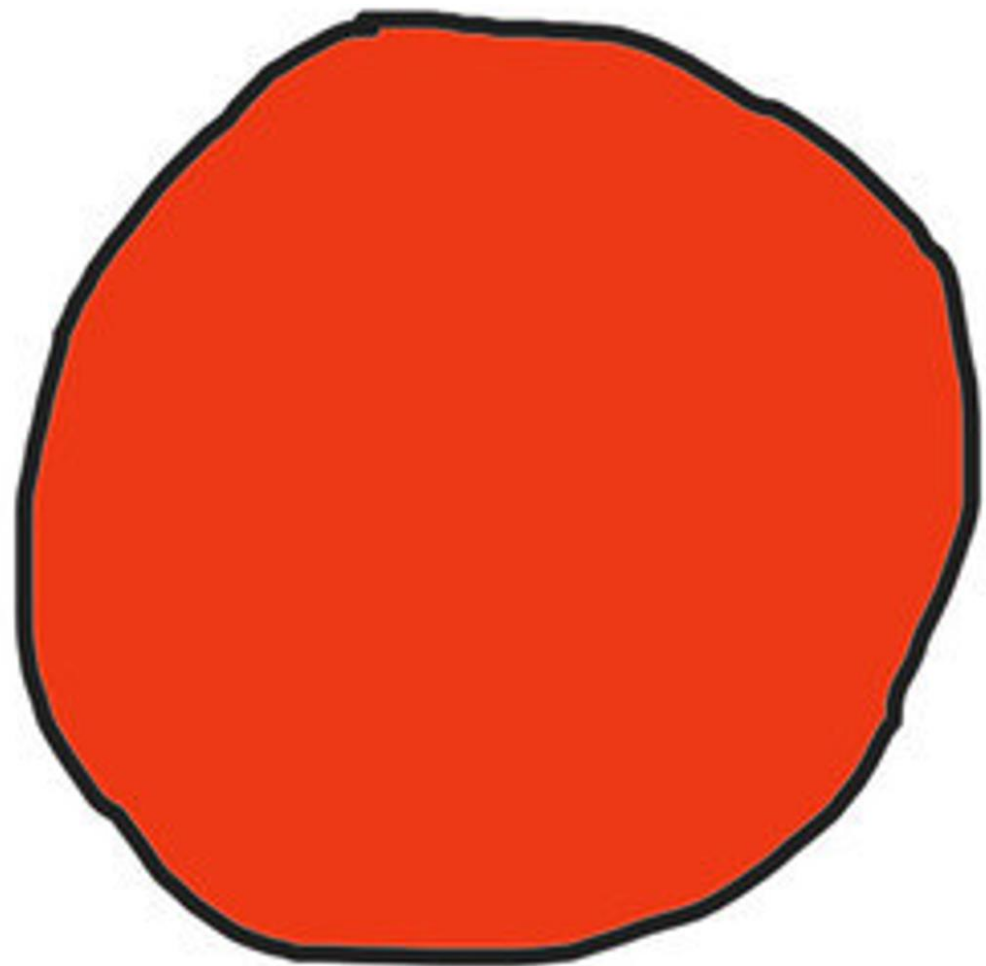
WHO OTHERS
THINK YOU ARE:



☐ COOL

AND FINE

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



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

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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

Lawyer: 89

Biology Teacher: 65

Graphic Designer: 74

Librarian: 71

Industrial Plumber: 54

Agile coach: 74

Management Consultant: 67

IT Director: 77

Senior Developer: 67

Freelance Writer: 30

SAHM: 39

Interior Designer: 55

Lawyer: 53

Senior Developer: 70

Network Administrator: 39

ALM Consultant: 87

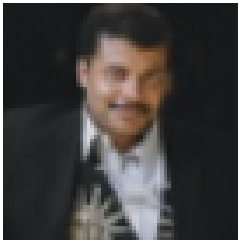
Audio Engineer: 67

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!

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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