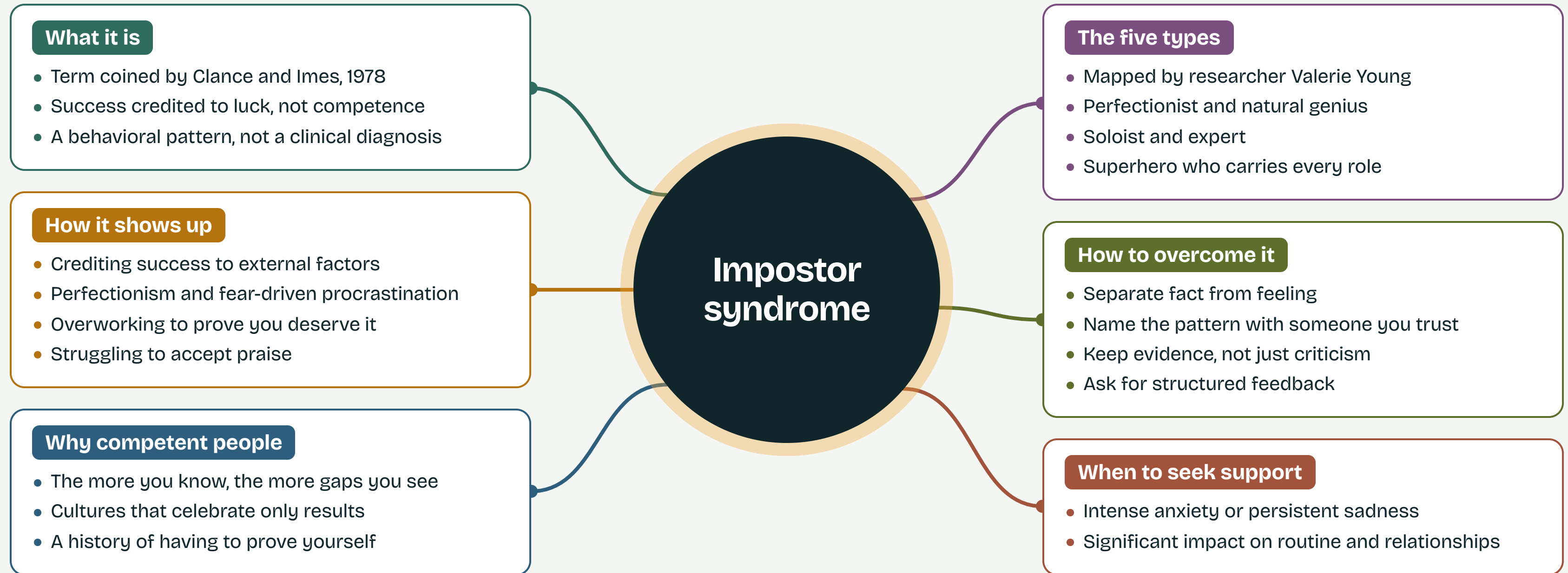


Impostor syndrome: understand the pattern and overcome it



Action plan

1

Write down your skills and results without false modesty

2

Talk about the pattern with a mentor, colleague, or therapist

3

Log positive feedback and reread it on days of doubt

4

Answer praise with a simple thank you

5

Check your self-perception against structured feedback from your manager

Key takeaway

Feeling like a fraud isn't proof you are one: trust the evidence, not the fear.