

Impostor syndrome

Perhaps the best description of imposter syndrome literally comes from the beginning entry in the Wikipedia article. It gives you the essentials and lets you understand how specifically you can identify if you are suffering from this phenomenon.

Impostor syndrome is a concept describing **high-achieving** individuals who are marked by an inability to **internalize** their accomplishments and a persistent fear of being **exposed** as a "fraud".

Despite **external evidence** of their competence, those exhibiting the syndrome **remain convinced** that they are frauds and **do not deserve** the success they have achieved.

Proof of success is **dismissed** as luck, timing, or as a result of deceiving others into thinking they are more intelligent and competent than they believe themselves to be.

Source: https://en.wikipedia.org/wiki/Impostor_syndrome