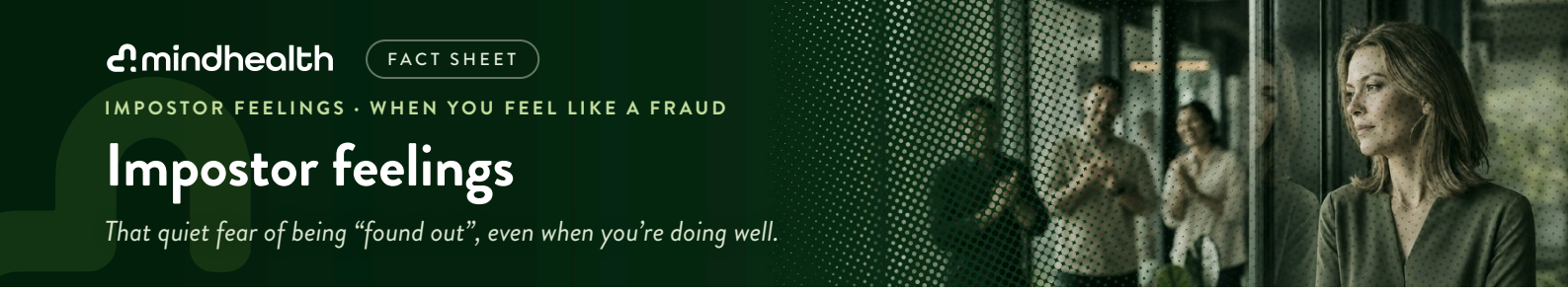
mindhealth FACT SHEET

IMPOSTOR FEELINGS · WHEN YOU FEEL LIKE A FRAUD

Impostor feelings

That quiet fear of being "found out", even when you're doing well.



Self-doubt
Sure you're not good enough

"Just luck"
Discounting your own wins

Overwork
Proving it, over and over

01 The fraud that isn't

Impostor feelings are the persistent sense that your success is undeserved and that sooner or later you'll be exposed as not good enough, despite real evidence to the contrary. They're extremely common, especially among capable, conscientious people, and they tend to flare with each new challenge. They aren't a character flaw; they're a thinking pattern.

02 The loop that keeps it going

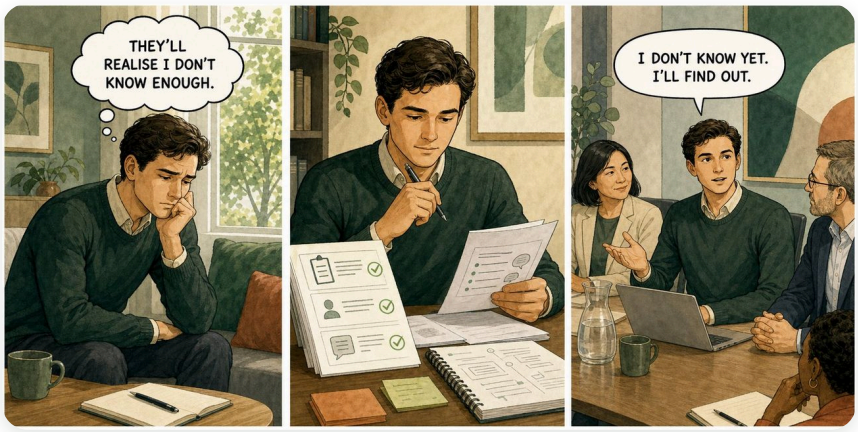
When something goes well, the impostor mind credits luck, timing, or fooling people, never ability. So the success never "counts," the fear of exposure stays, and you overwork to stay ahead of it. Because the overwork sometimes pays off, the whole cycle feels justified. It shifts when you start letting evidence count, and treat the feeling as a familiar visitor rather than the truth.

03 What genuinely helps

- Letting evidence of competence actually count
- Naming it: "this is the impostor feeling"
- Talking about it: it thrives in secrecy
- Separating feelings from facts about your work
- Aiming for "good enough", not flawless

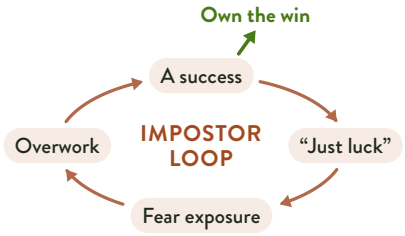
A PRACTICAL STORY

From "they'll find me out" to owning the win



THE LOOP

The impostor loop



Wins get written off as luck, so the fear stays and the overwork continues. Owning the win breaks it.

PRACTICAL TOOLKIT

Own the win

1. Write down what you actually did
2. Say "I earned this", and sit with it
3. Share the doubt with someone you trust

Feeling like a fraud isn't evidence you are one.

WHEN TO SEEK HELP

If self-doubt is driving anxiety, overwork or holding your career back, a psychologist can help. Ask your GP about a Mental Health Treatment Plan.

DID YOU KNOW?

The impostor phenomenon was named in 1978 by psychologists Pauline Rose Clance and Suzanne Imes.

Clance & Imes, 1978

THE KEY TAKEAWAY

Almost everyone doing something worthwhile feels this. It's a feeling, not a verdict on your worth.

Need support right now? Lifeline **13 11 14** · Emergency **000** — available 24/7. More options: **mindhealth.com.au/urgent-help**

TALK TO US WHEN YOU'RE READY

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