

Features of imposter phenomenon:

externalising success

internalising failure

inability to accept, or discomfort with, praise

focus on being perfect or special

fear of failure

fear of success

discomfort with being focus of attention

expectations of being 'found out' as fake

self-criticism

holding others to very high standards and thus experiencing disappointment

tendency to overwork or 'polish' something beyond requirements

critical or disparaging of others achievements