An example of an Imposter Phenomena Cycle based on an invite to present at a conference

Source: William O Umiker,

Professor of Pathology at Pennsylvania University (1995)

Imposter cycle - An invitation to give a presentation at a laboratory conference

Acceptance Good Feelings Worry or Fear Procrastination or overpreparation Frenzied Work Success Praise Relief New Invitation Fear Again

Pauline Clance The Imposter Phenomenon: Overcoming the Fear that Haunts Your Success

If I’m So Successful, Why Do I Feel Like a Fake – The Imposter Phenomena by Joan C Harvey & Cynthia Katz, (1985)