

## How I Dealt With The Fear Of Feeling Like A Fraud



**Chances are you've felt a like an impostor somewhere, but the good news is you're not alone.**

**Laurie Bullock in Ideas on Feb 1, 2016**

I have been writing since I was seven years old. Even at a young age I hated sharing what I had written. In college I started writing for the sports section of the student newspaper and never had the courage to share the articles I had written over the span of three years. I would hope that friends and family weren't reading my articles, and would quickly move the conversation to something other than my writing if it was ever brought up.

The hardest thing about sharing my writing comes from a fear of being thought of as a fraud. Writing is something that I love to do, and I want to make a living doing it. But there's still a fear deep within me when it comes to sharing my work. I fear people reading my pieces and thinking that I am a terrible writer. I worry about people thinking that all this time I've talked about being a writer, and now that they've read my work they think I'm terrible.

[Imposter syndrome](#) is something that affects many people. A lot of creatives struggle with feeling like a fraud including Emma Watson, Tina Fey, Maya Angelou, and Tom Hanks. The imposter syndrome causes anxiety because we are scared that someone is going to find out that we don't have it all together and then

call us out on it.

The best dichotomy for defeating the imposter syndrome is to actually listen to people who know your talent. In the past I have worked for supervisors who have told me that I have a talent for writing, and they are the type of people who don't hand out compliments just to make you feel better, you have to earn it. Hearing these comments helped ease the thoughts in my mind saying that I'm a fraud, but I still have to fight the thought that it's only a matter of time until my supervisors "find out" that I'm actually terrible.

Perhaps the worst part of battling imposter syndrome is that it gets in the way of fully enjoying what you love. The nitpicking of little things that could be improved on stops me from enjoying the fact that my work is getting published and I am on my way to doing something I have dreamed of doing for years. The fear that I am actually terrible and soon to be found out stops me from taking chances in the job field. It makes me think that all the jobs and opportunities I've received to write thus far are only because I stumbled into it without being fully qualified, which, in turn, robs me of enjoying any small success that I've worked hard for.

The imposter syndrome is closely tied to perfection and can be difficult to even recognize. Sometimes, even thinking I'm talented at writing feels like arrogance waiting to be shot down and proved incorrect. But the imposter syndrome is a false humility, as the late author C.S. Lewis said, "Humility isn't thinking less of yourself, but thinking of yourself less."

Instead of dwelling on all the reasons why you're unqualified for the job that you want or are currently in, keep working hard and try to prove yourself wrong. It's not an easy thing to do, but the first step is looking back on the things you've done before and recognizing that they weren't handed to you through pity, but instead because of something that you worked to be qualified for. The imposter syndrome might never fully go away, but it can be less overwhelming.