

7 Quotes About Imposter Syndrome

This is an extra resource to go along with the original article:

[How to Overcome Imposter Syndrome as a Writer](#)

“I am not a writer. I’ve been fooling myself and other people.”

—**John Steinbeck**

“I don’t know whether every author feels it, but I think quite a lot do — that I am pretending to be something I am not, because, even nowadays, I do not quite feel as though I am an author.”

—**Agatha Christie**

“Some years ago, I was lucky enough invited to a gathering of great and good people: artists and scientists, writers and discoverers of things. And I felt that at any moment they would realize that I didn’t qualify to be there, among these people who had really done things.

“On my second or third night there, I was standing at the back of the hall, while a musical entertainment happened, and I started talking to a very nice, polite, elderly gentleman about several things, including our shared first name. And then he pointed to the hall of people, and said words to the effect of, ‘I just look at all these people, and I think, what the heck am I doing here? They’ve made amazing things. I just went where I was sent.’

“And I said, ‘Yes. But you were the first man on the moon. I think that counts for something.’

“And I felt a bit better. Because if Neil Armstrong felt like an imposter, maybe everyone did. Maybe there weren’t any grown-ups, only people who had worked hard and also got lucky and were slightly out of their depth, all of us doing the best job we could, which is all we can really hope for.”

—**Neil Gaiman**

“The beauty of the impostor syndrome is you vacillate between extreme egomania and a complete feeling of: ‘I’m a fraud! Oh God, they’re on to me! I’m a fraud!’ . . . just try to ride the egomania when it comes and enjoy it, and then slide through the idea of fraud.”

—**Tina Fey**

“Writing is always full of self-doubt, but the first book [Torch] is really full of self-doubt, and it was much more of a struggle to keep the faith. By the time I wrote Wild, I was familiar with that feeling of doubt and self-loathing, so I just thought, ‘Okay, this is how it feels to write a book.’”

—**Cheryl Strayed**

“What’s talent but the ability to get away with something?”

—**Tennessee Williams**

“Every time I was called on in class, I was sure that I was about to embarrass myself. Every time I took a test, I was sure that it had gone bad. And every time I didn’t embarrass myself—or even excelled—I believed that I had fooled everyone yet again. One day soon, the jig would be up ... This phenomenon of capable people being plagued by self-doubt has a name—the impostor syndrome. Both men and women are susceptible to the impostor syndrome, but women tend to experience it more intensely and be more limited by it.”

—**Sheryl Sandberg**