The phenomenon of "imposter syndrome" is a psychological pattern in which an individual doubts their skills, talents, or accomplishments and has a persistent internalized fear of being exposed as a "fraud". Despite external evidence of their competence, those experiencing imposter syndrome remain convinced that they are undeserving of all they have achieved. They often attribute their success to luck, or to deceiving others into thinking they are more intelligent than they perceive themselves to be.

This syndrome is not an official diagnosis listed in the DSM, yet it is surprisingly common, particularly among high-achieving individuals. It can lead to anxiety, stress, and a reluctance to accept new challenges for fear of failure. Overcoming it often involves cognitive-behavioral therapy, where individuals learn to recognize and reframe their negative thought patterns. Acknowledging one's achievements and understanding that perfection is unattainable are crucial first steps.

1. What is the central characteristic of imposter syndrome?

    A. A desire to deceive others.
    B. A genuine lack of ability.
    C. A persistent self-doubt despite success.
    D. A refusal to accept new challenges.

2. According to the text, people with imposter syndrome often believe their success is due to ___.

    A. hard work   **B.** natural talent   **C.** good fortune   **D.** superior intelligence

3. The text states that imposter syndrome is ___.

    A. a recognized mental illness   **B.** rare among successful people
    C. linked to feelings of anxiety   **D.** impossible to overcome

4. The word 'unattainable' in the text is closest in meaning to ___.

    A. impossible to achieve   **B.** easy to get
    C. very common   **D.** highly desirable

5. What is suggested as a method for tackling imposter syndrome?

    A. Avoiding difficult tasks.   **B.** Ignoring one's achievements.
    C. Changing one's thinking habits.   **D.** Aiming for perfection in all tasks.

Section 1.3: Sentence Transformation

Instructions: Complete the second sentence so that it has a similar meaning to the first sentence, using the word given. Do not change the word given.

1. I'm sure he didn't mean to offend you. (INTENTION)
    => He had no ___ you.