

You're Just Too Good To Be True

Is Your Success Too Good to Be True? Debunking the Myth of Unrealistic Expectations

We've all been there. That feeling of sheer disbelief when something seems too good to be true. A skyrocketing career, an unexpected windfall, a relationship seemingly perfect from the start – these situations can trigger a primal skepticism. But what if the "too good to be true" narrative isn't always a warning sign? What if, in some cases, it's a testament to hard work, resilience, and a little bit of serendipity? This explores the complexities of seemingly improbable success, identifying its potential benefits and highlighting the crucial factors that contribute to achieving extraordinary results.

Understanding the "Too Good to Be True" Mentality

The phrase "too good to be true" often stems from a deep-seated fear of disappointment. Our brains are wired to prioritize

potential negative outcomes. We're naturally inclined to question situations that appear extraordinary, particularly when we haven't personally experienced similar successes. This inherent skepticism can be a powerful force, preventing us from embracing opportunities that might otherwise transform our lives. However, it can also become a self-fulfilling prophecy, hindering progress and limiting potential. The "too good to be true" feeling can manifest in various ways, including:

- *A sense of unease or anxiety:* This internal struggle can be triggered by a sudden shift in circumstances, making it difficult to accept positive change.
- **A tendency to seek flaws or inconsistencies:** Our minds may subconsciously look for reasons to dismiss something positive, leading to a relentless search for hidden problems.
- **Difficulty in acknowledging personal accomplishments:** This might stem from a lack of self-belief or an ingrained belief that success is undeserved.

Case Study: The Rise of a Social Media Influencer Consider the phenomenon of a social media influencer who suddenly gains millions of followers overnight. While their success might seem "too good to be true," it often reflects meticulous planning, consistent content creation, and a deep understanding of audience engagement. A combination of factors, including viral trends, strategic partnerships, and exceptional content, can propel an individual to unexpected levels of popularity.

Benefits of Embracing "Too Good to Be True" Success

Despite the inherent skepticism, embracing seemingly improbable success can unlock a wealth of benefits: •

Increased Motivation and Drive: Recognizing the possibility of extraordinary outcomes can be incredibly motivating. The feeling of "I can do this" significantly fuels dedication and resilience. • **Expanded Networks and Opportunities:**

Unexpected success can open doors to collaborations and opportunities that might otherwise remain hidden. • Enhanced

Self-Confidence and Self-Belief: Achieving seemingly impossible goals significantly boosts self-esteem and faith in one's capabilities. • *A Deepened Understanding of Your Potential:* Surpassing your initial expectations can reveal previously untapped resources and abilities. • **A Sense of**

Gratitude and Appreciation: Embracing unexpected achievements fosters a profound sense of gratitude and appreciation for the circumstances that contribute to success.

(Visual Aid - Chart 1: Benefits of Embracing "Too Good to Be True" Success) | Benefit | Explanation | Impact | |||| |

Increased Motivation	Recognizing potential for extraordinary outcomes	Fuels dedication, enhances resilience			Expanded Networks	Unexpected success opens collaborations		Provides access to new opportunities		Enhanced Self-Confidence	Achieving seemingly impossible goals	Boosts self-esteem and belief in one's capabilities			Deeper
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Understanding of Potential | Surpassing initial expectations |
Reveals previously untapped resources | | Sense of Gratitude |
Embracing achievement | Fosters appreciation for
circumstances |

Related Ideas:

Overcoming Imposter Syndrome

Imposter syndrome often accompanies the "too good to be true" feeling, causing individuals to question their worth and achievements. Recognizing and addressing this issue is crucial for sustained success. Building a support system and focusing on tangible accomplishments can help alleviate these feelings.

The Power of Strategic Risk-Taking

Sometimes, embracing seeming improbable success involves calculated risk-taking. This doesn't mean reckless action, but rather strategically evaluating potential opportunities and making calculated moves.

Cultivating a Growth Mindset

Maintaining a growth mindset, embracing challenges, and viewing setbacks as learning opportunities are essential for achieving exceptional results. This outlook fosters adaptability and resilience.

Real-World Examples

Example 1: The Startup Success Story A small tech startup, initially dismissed as a "pipe dream," rapidly gained traction and secured significant funding, exceeding all initial projections. This unexpected success stemmed from strategic partnerships, a compelling value proposition, and astute market analysis.

Example 2: The Unexpected Career Shift A seasoned accountant, disillusioned with their current career path, decided to pursue a passion for photography. The unexpected leap of faith eventually resulted in significant success, building a thriving photography business. The shift was motivated by a deep desire for a more fulfilling life, driven by passion.

Conclusion

The "too good to be true" feeling is often a natural human response to extraordinary events. While it's important to maintain healthy skepticism, dismissing potential success based solely on this feeling can be detrimental. By embracing the possibility of exceeding expectations, understanding the underlying motivations, and cultivating a growth mindset, we can navigate the complexities of unexpected success and harness its potential to unlock extraordinary results. Cultivating a positive outlook is key to acknowledging the myriad benefits of such opportunities.

Advanced FAQs

1. How can I differentiate between genuine success and a fleeting trend or scam? Thorough research, diverse perspectives, and a cautious approach are crucial. Look for established patterns, verifiable data, and testimonials from trusted sources.

2. What strategies can help me deal with the anxiety and doubt associated with "too good to be true" situations? Mindfulness practices, journaling, seeking mentorship, and focusing on your accomplishments can help manage these feelings.

3. How can I maintain a growth mindset when faced with setbacks that threaten my "too good to be true" success? Embrace challenges as learning opportunities, adapt your strategies based on feedback, and maintain a positive outlook.

4. *What role does serendipity play in "too good to be true" stories?* Serendipity, while unpredictable, can be amplified by proactive efforts. Being open to new experiences and networking can increase the likelihood of encountering fortunate opportunities.

5. **How can I leverage "too good to be true" experiences to foster future success?** Analyze what contributed to the unexpected success. Identify key patterns, replicate positive strategies, and maintain a growth mindset to apply these lessons going forward. This exploration of the "too good to be true" phenomenon encourages readers to reframe their perspective, embrace the potential for extraordinary outcomes, and actively cultivate their path to success.

"You're Just Too Good to Be True": Unpacking the Magic of an Unbelievable Compliment

We've all heard it. Maybe you've said it. That delightful, slightly breathless phrase: "You're just too good to be true." It's a compliment that transcends fleeting pleasantries. It's a declaration that someone, or something, has surpassed our expectations, defying the ordinary and stepping into the realm of the extraordinary. But what exactly makes this phrase so potent? And what are the underlying emotions and situations that lead us to utter it? This isn't just a simple "nice job." This is a profound acknowledgment of something that feels almost magical, a testament to perfection that borders on the unbelievable. Let's dive deep into the heart of "you're just too good to be true," exploring its nuances, its origins, and the sheer joy it brings when we experience or bestow it.

The Genesis of an Exclamation: Where Did "Too Good to Be True" Come From?

While the exact origin of the phrase is hard to pinpoint, its sentiment has echoed through literature, music, and everyday conversation for centuries. It taps into a universal human yearning for something exceptional, something that breaks the monotony of our everyday experiences. Think of it as the

ultimate expression of surprise and delight. We're accustomed to a certain level of reality, a predictable flow of events and interactions. When something or someone dramatically deviates from this norm in a positive way, our brains struggle to process it within the usual framework. Hence, "too good to be true." It's a way of saying, "This is so far beyond what I anticipated or even thought possible, that it must be a dream, an illusion, or something divinely crafted." The phrase often carries a touch of playful disbelief, a delightful skepticism that only serves to amplify the compliment.

When "Too Good to Be True" Becomes Reality: Scenarios and Feelings

So, in what situations do we find ourselves whispering or exclaiming this iconic phrase? The possibilities are endless, but they generally fall into a few key categories:

Experiencing Unforeseen Kindness and Generosity

Imagine you're facing a difficult situation, perhaps a financial hardship or a personal crisis. You're stressed, worried, and feeling alone. Then, out of the blue, someone steps in. They offer a helping hand, a significant amount of support, or a solution that seems too perfect to be real. This unsolicited act of kindness, especially when it's completely unexpected and goes above and beyond, can easily elicit the response, "You're just

too good to be true." It's not just about the help itself, but the pure, selfless intention behind it that can feel almost miraculous.

Encountering Extraordinary Talent and Skill

We've all watched athletes perform impossible feats, musicians create breathtaking melodies, or artists craft masterpieces that stir the soul. When someone's skill level is so high that it seems to defy the limits of human capability, the phrase naturally arises. Think of a virtuoso pianist whose fingers dance across the keys with effortless grace, or a chef who prepares a dish that is a symphony of flavors and textures. It's that moment of awe, where your brain struggles to comprehend the sheer mastery on display, that leads to "you're just too good to be true." This applies to any field where exceptional talent is evident, from a brilliant programmer solving a complex bug in minutes to a writer weaving words with unparalleled eloquence.

Witnessing Unwavering Loyalty and Devotion

In a world that can sometimes feel fleeting and self-serving, true loyalty and unwavering devotion are rare gems. When you find a friend who stands by you through thick and thin, a partner who consistently prioritizes your happiness, or even a pet that showers you with unconditional love, it can feel like you've stumbled upon something incredibly special. This level of commitment and dedication, which seems to transcend personal convenience, can make someone appear "too good to

be true." It speaks to a depth of character that is profoundly moving.

Discovering a "Perfect Fit" in Relationships

Whether it's a romantic partner, a best friend, or even a business collaborator, sometimes you meet someone and it just clicks. They understand you, share your values, complement your weaknesses, and amplify your strengths. This feeling of effortless connection, where everything just falls into place, can be so perfect that it feels unreal. You might think, "How can this person understand me so well? How can we be so compatible?" The answer, for many, is that they are "too good to be true" – a seemingly perfect match that defies the usual challenges of building relationships.

Finding Exceptional Value or a Dream Come True

This extends beyond people to experiences and possessions. Imagine finding a vintage item in pristine condition at a ridiculously low price, or stumbling upon a travel deal that seems too good to pass up. Or perhaps you've been dreaming of a particular career, and suddenly, the perfect opportunity lands in your lap. These moments of serendipity, where fortune seems to smile upon you in a way that feels almost unbelievable, can lead to the exclamation. It's the universe delivering exactly what you desired, in a package that feels surprisingly perfect.

The Psychology Behind the Phrase: Why We Believe the Unbelievable

Our brains are wired to seek patterns and predictability. When something disrupts this, especially in a positive way, it triggers a heightened emotional response. * **Cognitive Dissonance:**

When an experience is so positive and unexpected, it can create a slight dissonance with our existing beliefs about the world. Our minds try to reconcile this by labeling it as "too good to be true" – a way of acknowledging its exceptional nature without fully accepting it as the new norm. * **Hope and

Aspiration:** The phrase also reflects our underlying hopes and aspirations. We *want* to believe that such wonderful things and people exist. When we encounter them, it validates these desires and fuels our optimism. * **The Halo Effect:** This is a cognitive bias where our overall impression of a person, brand, or product influences our feelings and thoughts about their specific traits. If someone is perceived as exceptionally good in one area, we tend to attribute other positive qualities to them, making them seem almost flawless. * **The Desire for Magic:**

At our core, many of us still harbor a childlike wonder and a desire for magic in our lives. When something truly exceptional happens, it taps into this part of us, making us feel like we've witnessed something extraordinary.

The Power of Saying "You're Too Good to Be True"

This isn't just a passive observation; it's an active expression of admiration and appreciation. When you say this to someone, you are:

- * **Validating their exceptional qualities:** You are acknowledging that they have gone above and beyond, and their efforts or inherent nature are truly remarkable.
- * **Creating a positive emotional connection:** The recipient of such a compliment will likely feel immense joy, pride, and appreciation. It's a powerful way to strengthen bonds.
- * **Inspiring continued excellence:** Hearing this can encourage individuals to continue striving for excellence, knowing their efforts are recognized and deeply valued.
- * **Spreading positivity:** Compliments are contagious. When you offer such a sincere and impactful one, you contribute to a more positive and appreciative environment.

Navigating the "Too Good to Be True" Phenomenon: A Balanced Perspective

While the phrase is overwhelmingly positive, it's also important to approach it with a degree of realism.

- * **The Danger of Unrealistic Expectations:** If you constantly expect everything and everyone to be "too good to be true," you might be setting yourself up for disappointment. Life, by its very nature, has its ups and downs.
- * **The Importance of Genuine Qualities:** True, lasting goodness often stems from authentic qualities like

integrity, hard work, and empathy, rather than fleeting perfection. * **Recognizing the Human Element:** Even the most extraordinary individuals have flaws. The beauty often lies in their ability to navigate challenges and still shine. However, let's not dwell too much on the potential downsides. The overwhelming feeling associated with "you're just too good to be true" is one of sheer, unadulterated delight. It's a reminder that sometimes, reality can indeed be more wonderful than we dare to imagine.

Conclusion: Cherishing the Moments of Unbelievable Goodness

"You're just too good to be true" is more than just a phrase; it's an emotional response to experiences that touch us deeply. It's a testament to the moments when reality surpasses our wildest dreams, when kindness shines brighter than expected, and when talent dazzles us into disbelief. So, the next time you encounter something or someone that makes you feel this way, don't hesitate to express it. Embrace the magic, acknowledge the extraordinary, and let the words flow. Because in a world that can sometimes feel mundane, those moments of "too good to be true" are precisely what make life, and the people in it, so incredibly precious and worth celebrating. Keep an eye out for these moments, and be sure to let the people who inspire them know just how much they mean to you. They are the gems that make our lives truly shine.

Unpacking the Notion: You're Just Too Good to Be True

The phrase "you're just too good to be true" carries a weight that goes beyond casual expression—it's a statement packed with implication, often used to express disbelief, skepticism, or even envy. While many dismiss it as a cliché, beneath its surface lies a rich psychological and cultural resonance that speaks to how humans perceive excellence, authenticity, and the boundaries of possibility. This expression isn't merely a dismissal; it reflects a deeper tension between genuine capability and societal expectations, where extraordinary achievement seems almost out of place in a world that often values modesty, relatability, and incremental progress.

The Psychology Behind the Statement

At its core, the idea that someone is “too good to be true” taps into cognitive biases related to perception and credibility. Humans are wired to detect inconsistencies, and when excellence appears effortless or exceeds common experience, it triggers doubt. This

reaction, while sometimes rational, can also reflect discomfort with rapid success or exceptional talent—especially in environments that prize humility.

Psychologically, such statements often mask underlying insecurities: fear that someone who excels rapidly may not deserve it, or anxiety that true mastery is rare and thus hard to imagine. In many cultures, modesty is revered, making overt brilliance feel unsettling, as if it challenges shared values of equality and humility.

Applications Beyond Skepticism

Though frequently used to express skepticism, the phrase finds meaningful use in domains where authenticity and recognition matter—especially in personal development, leadership, and creative fields. In coaching and mentorship, for instance,

telling someone “you’re too good to be true” can serve as a powerful acknowledgment of latent potential, encouraging individuals to push beyond self-imposed limits. In storytelling and media, characters who surpass expectations with effortless grace often embody this notion, reflecting our fascination with authentic greatness. Meanwhile, in branding and storytelling, using such language can signal confidence in quality, suggesting that a product, idea, or person simply transcends ordinary standards.

Benefits of Embracing the Concept

Rather than dismissing the phrase as cynical, embracing it as a lens for understanding excellence opens valuable perspectives. Recognizing that true mastery often feels beyond expectation encourages patience and trust in growth. It reminds us that brilliance,

when genuine, doesn't diminish but inspires—challenging others to rise while affirming one's own capacity for progress. For leaders and creators, embracing this mindset fosters environments where authenticity is celebrated, and innovation is nurtured. By accepting that “too good to be true” can be a compliment rooted in genuine awe, individuals and organizations cultivate resilience, confidence, and a deeper appreciation for sustained, meaningful achievement.

The Future of Authentic Excellence

As society continues to evolve, so too does the meaning of excellence. In an age where visibility and rapid success are amplified by digital platforms, the notion of “too good to be true” faces both scrutiny and transformation. While skepticism remains

natural, there is growing recognition that true talent—whether in art, science, or leadership—often emerges in unexpected ways, defying simplistic labels. The future lies in balancing humility with honest celebration of achievement, allowing exceptional individuals to be acknowledged without diminishing the value of effort and growth. As narratives shift from doubt to deeper understanding, “you’re just too good to be true” evolves from a gatekeeper of skepticism into a bridge between admiration and authenticity. In the end, the phrase endures not because it’s outdated, but because it captures a timeless human truth: that extraordinary quality, when genuine, reshapes how we see possibility—and ourselves.

"You're Just Too Good to Be True": Unpacking the Enduring Allure of the Phrase

The phrase "you're just too good to be true" is more than just a catchy idiom; it's a potent expression that taps into a deeply human psychological landscape. It's a sentiment that echoes through romantic ballads, casual compliments, and even moments of profound disbelief. But what exactly makes something or someone "too good to be true," and why does this notion hold such a persistent grip on our imaginations? This article delves into the multifaceted meaning and cultural resonance of this evocative phrase, exploring its origins, psychological underpinnings, and diverse applications.

The Romantic Ideal: Love at First Sight and

Unrealistic Expectations

Perhaps the most common context for "you're just too good to be true" is within the realm of romance. When we encounter someone who seems to embody all our desires, possesses a flawless character, and offers an effortless connection, the initial reaction can be one of incredulity. This sentiment often arises during the exhilarating phase of infatuation, a period characterized by heightened emotions and a tendency to overlook flaws. The phrase becomes a way to articulate the overwhelming joy and perhaps a touch of apprehension that such an ideal union might not be sustainable.

This romantic interpretation is deeply intertwined with the concept of the "soulmate" and the pursuit of perfection in a partner. While the idea of finding someone who perfectly complements us is appealing, it

can also set unrealistic expectations. "Too good to be true" love often implies a fairy tale scenario, where challenges are minimal and happiness is constant. In reality, relationships, even the most profound ones, are built on effort, compromise, and the navigation of imperfections. The phrase, in this sense, can be both a testament to genuine attraction and a subtle warning against the pitfalls of idealization.

Psychological Underpinnings: Cognitive Biases and the Fear of Disappointment

Beyond the romantic sphere, the feeling of something being "too good to be true" can be triggered by a variety of situations.

Psychologically, this response often stems from several cognitive biases. The primary driver is often the "confirmation bias," where we tend to favor information that confirms our existing beliefs. If we have a cynical

worldview or have experienced betrayal in the past, genuine kindness or unexpected good fortune might be met with suspicion, as it contradicts our established mental models.

Another significant factor is the "negativity bias," our inherent tendency to pay more attention to negative experiences than positive ones. This evolutionary trait helped our ancestors survive by quickly identifying threats. Consequently, when faced with overwhelmingly positive circumstances, our minds might default to a cautionary stance, looking for the hidden catch or the impending downfall. The phrase "too good to be true" becomes a verbal manifestation of this internal alarm system, a mechanism designed to protect us from potential disappointment.

Furthermore, the concept of "learned helplessness" can play a role. If individuals have consistently faced adversity,

experiencing significant positive change can feel alien and even threatening. The ingrained belief that good things don't last can lead to a sense of unease, prompting the utterance, "This is just too good to be true."

Cultural Echoes: "Too Good to Be True" in Music and Literature

The phrase "you're just too good to be true" has cemented its place in popular culture, particularly in music. The iconic 1963 hit by The Foundations, also titled "Build Me Up Buttercup," famously features the lyric, "Why do I smile like a fool in a daydream? / You're just too good to be true." This song perfectly encapsulates the joyous, almost disbelieving elation of newfound love. Many other songs across genres have echoed this sentiment, using it to describe everything from fleeting romances to enduring devotion.

In literature, authors have employed the

phrase and its underlying sentiment to explore themes of illusion versus reality, the nature of desire, and the human capacity for both joy and skepticism. A character described as "too good to be true" might be a genuine paragon of virtue, a carefully constructed facade, or a manifestation of the protagonist's own yearning. The ambiguity inherent in the phrase allows for rich narrative possibilities, inviting readers to question appearances and motivations.

Beyond Romance: Opportunities, Miracles, and the Unexpected

While romance is a dominant theme, "you're just too good to be true" extends to a broader spectrum of experiences. Consider a sudden, unexpected windfall – winning the lottery, receiving a significant inheritance, or landing a dream job out of the blue. In such instances, the sheer magnitude of good fortune can

trigger this exact phrase. It's a recognition that the outcome surpasses our wildest expectations and perhaps even our perceived deservingness.

The phrase can also be applied to moments of extraordinary luck or serendipity.

Stumbling upon a rare artifact, witnessing a breathtaking natural phenomenon, or experiencing a series of fortunate coincidences can all evoke this feeling of pleasant disbelief. It's a testament to the moments in life that defy the ordinary and hint at something extraordinary at play.

In more serious contexts, the phrase might be used when witnessing an act of profound altruism or courage that seems almost superhuman. When someone goes above and beyond what is typically expected, displaying immense selflessness or bravery, the immediate reaction might be one of awe and a

touch of skepticism about the sheer goodness of the individual or the act itself.

Navigating the "Too Good to Be True"

Phenomenon: Embracing Joy and Maintaining Discernment

So, how should we navigate situations where something or someone feels "too good to be true"? The key lies in balancing appreciation with a healthy dose of discernment. Firstly, it's important to acknowledge and savor positive experiences. Suppressing joy due to suspicion can lead to missed opportunities and a diminished capacity for happiness.

Secondly, while it's natural to feel a twinge of skepticism, we should avoid letting it paralyze us. Instead, use it as an impetus for mindful observation rather than outright dismissal. Are there any red flags? Does the situation align with other known facts? This isn't about seeking out flaws but about ensuring a

realistic assessment of the situation.

For genuine connections, whether romantic or platonic, "too good to be true" can be a sign to invest more. It's an opportunity to build trust and deepen the bond, understanding that even the most perfect beginnings evolve and mature. For unexpected opportunities, it's a call to embrace the potential while remaining grounded and prepared for the work that often follows good fortune.

The Enduring Power of the Phrase

Ultimately, the phrase "you're just too good to be true" resonates because it captures a fundamental human experience: the awe and wonder that arise when reality exceeds our expectations. It speaks to our capacity for hope, our desire for the extraordinary, and our innate cautiousness in the face of the sublime. Whether applied to a captivating

lover, a life-changing opportunity, or a moment of pure serendipity, the phrase serves as a powerful reminder of the beautiful, sometimes unbelievable, tapestry of life.

In a world that often emphasizes realism and pragmatism, the enduring appeal of "too good to be true" moments offers a valuable counterpoint. It allows us to embrace the magic, to believe in the improbable, and to find wonder in the unexpected. And perhaps, in embracing these moments with open hearts and discerning minds, we allow ourselves to experience more of the truly good things that life has to offer.

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Perhaps the most meaningful impact of digital books lies in how they change attitudes toward learning. When access is easy, learning feels less like an obligation and more like an opportunity. Curiosity is rewarded

rather than delayed. Readers are more likely to explore, question, and grow simply because the barriers are low.

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world where learning never truly stops.

Questions & Answers About you're just too good to be true

No	Question	Answer
1	What does it really mean when someone says 'you're too good to be true'?	It generally means the person finds you exceptionally wonderful, almost unrealistically so. It can express admiration, surprise, or even a touch of disbelief, implying you exceed their expectations or seem perfect in some way.
2	Is it always a compliment to be told 'you're too good to be true'?	While often a compliment, it can sometimes carry a hint of suspicion or skepticism. The speaker might be wondering if there's a hidden catch or if the perfection is sustainable, so context is key.
3	How should I respond if someone says 'you're too good to be true' to me?	A simple and genuine 'Thank you, that's very kind of you to say!' usually works well. You can also playfully acknowledge it, like 'I try my best!' or 'I'm glad you think so!'

4	Can 'you're too good to be true' be a red flag in a new relationship?	It can be, especially if it's said very early on or if the person receiving the compliment feels uncomfortable. It might indicate the speaker is idealizing you, which can lead to disappointment later if reality sets in.
5	Are there situations where 'you're too good to be true' is used sarcastically?	Yes, sarcasm is definitely a possibility. If the tone is mocking or the situation suggests the opposite of perfection, it might be a sarcastic jab rather than a genuine compliment.
6	How can I deal with the pressure if someone thinks I'm 'too good to be true'?	Remember that you are human and have flaws. Be authentic and don't feel the need to maintain an unattainable image. Gently show your real self over time; genuine connection thrives on honesty, not perfection.

you're way too good to be real, too good to be true excuses, the truth behind seeming perfect, is your perfection too perfect to be true, why you're just too good to be true, unrealistic confidence or talent, you're too flawless to be genuine, can't be that perfect—just too good, the myth of being too good to be true, unbelievable success, too good to be true

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