

Never make declarative statements like "I know the answer"	I should be able to anticipate problems before they occur	Eventually people will realize I am underqualified	I should automatically "get it"	Never let on that you do not know how to do something
Never tell someone you meet in a bar you are an engineering, math or science major	I should feel lucky to have gotten into school, the job, the promotion, etc.	Always share credit with others (even if you did all the work)	Always hold back when working in a group or team	Always assume you will fail so you will not be disappointed when you do
Always remind others of how much you do not know	Always apologize for mistakes or for not knowing something	Never challenge yourself too much	Always panic before a test, presentation, performance, or interview	I should be able to do everything myself
Always hide your accomplishments	Always assume that other people are right	Do not let people see you studying or working too hard	Always attribute your accomplishments to something other than yourself	I was admitted or hired because of some kind of mistake
Always assume when people are complimenting you, they are just being nice	Always explain why you do not deserve the compliment	Never challenge yourself too much	Do not voice your real opinions	Do not tell anyone you feel like an Impostor