

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