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