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