

Always share credit with others (even if you did all the work)	Do not voice your real opinions	I should feel lucky to have gotten into school, the job, the promotion, etc.	Never make declarative statements like "I know the answer"	I should automatically "get it"
Always assume that other people are right	Always apologize for mistakes or for not knowing something	Always panic before a test, presentation, performance, or interview	Eventually people will realize I am underqualified	Always hide your accomplishments
Never challenge yourself too much	Always assume you will fail so you will not be disappointed when you do	Never show up men especially	Always attribute your accomplishments to something other than yourself	I should be able to anticipate problems before they occur
Do not tell anyone you feel like an Impostor	I should be able to do everything myself	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	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 hold back when working in a group or team	I should succeed at everything I do