

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