

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