

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