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