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