

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