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