

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