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