

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