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