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