

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