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