

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