

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