

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