

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