

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