

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