

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