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