

Always apologize for mistakes or for not knowing something	Never let on that you do not know how to do something	Eventually people will realize I am underqualified	Always assume when people are complimenting you, they are just being nice	Never make declarative statements like "I know the answer"
I should be able to do everything myself	Always hide your accomplishments	Never show up men especially	Always remind others of how much you do not know	Never tell someone you meet in a bar you are an engineering, math or science major
Never challenge yourself too much	Always panic before a test, presentation, performance, or interview	Always hold back when working in a group or team	Do not tell anyone you feel like an Impostor	I should qualify questions or comments by saying things like, "This may not be right, but..."
Always keep them laughing so they will not notice that you are inadequate	I should be able to anticipate problems before they occur	I should succeed at everything I do	Never challenge yourself too much	Always assume that other people are right
Always assume you will fail so you will not be disappointed when you do	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 attribute your accomplishments to something other than yourself