

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