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