

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