Do not voice your real opinions	I should automatically "get it"	I should feel lucky to have gotten into school, the job, the promotion, etc.	I should be able to do everything myself	Never challenge yourself too much
I should be able to anticipate problems before they occur	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..."	Never make declarative statements like "I know the answer"	Always assume you will fail so you will not be disappointed when you do
I was admitted or hired because of some kind of mistake	Always keep them laughing so they will not notice that you are inadequate	Always attribute your accomplishments to something other than yourself	Never challenge yourself too much	Always explain why you do not deserve the compliment
Never let on that you do not know how to do something	Always hide your accomplishments	Always remind others of how much you do not know	Always assume that other people are right	Always apologize for mistakes or for not knowing something
Always hold back when working in a group or team	Always assume when people are complimenting you, they are just being nice	Never show up men especially	Do not tell anyone you feel like an Impostor	Eventually people will realize I am underqualified