

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