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