

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