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