

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