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