

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