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