

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