

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