

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