

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