

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