

IMPOSTOR SYNDROME BINGO

I was admitted or hired because of some kind of mistake	I should be able to do everything myself	Never tell someone you meet in a bar you are an engineering, math or science major	I should automatically "get it"	Never show up men especially
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	Never make declarative statements like "I know the answer"	Always hold back when working in a group or team	Always apologize for mistakes or for not knowing something
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.	Free Space (Being an academic)	Always assume when people are complimenting you, they are just being nice	I should succeed at everything I do
Always hide your accomplishments	Always attribute your accomplishments to something other than yourself	Never challenge yourself too much	I should qualify questions or comments by saying things like, "This may not be right, but..."	Always remind others of how much you do not know
Always panic before a test, presentation, performance, or interview	I should be able to anticipate problems before they occur	Do not voice your real opinions	Do not tell anyone you feel like an Impostor	Always share credit with others (even if you did all the work)

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I should automatically "get it"	Do not tell anyone you feel like an Impostor	Do not voice your real opinions	Always share credit with others (even if you did all the work)	Eventually people will realize I am underqualified
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