

## “Things I Wish I Had Learned in Training”

- ❖ How to say, “I don’t know” (without guilt and recrimination)
- ❖ How to set life priorities (“I can’t please everyone”)
- ❖ I have value regardless of my achievements
- ❖ The importance of being my own best friend
- ❖ The importance of saying “no”
- ❖ The consequences of saying “yes”
- ❖ My need for “comfortable alone-time”
- ❖ The necessity of personal revitalization
- ❖ How to accept my sensual needs
- ❖ The consequences of overwork
- ❖ Dealing with grief, unrealistic expectations and disappointment/failure
- ❖ How to let go of “shoulds”
- ❖ How to defend myself from shame-based messages
- ❖ How to let go of my compulsion (need) to rescue
- ❖ How to let go of my belief that no one can be depended on
- ❖ The dangers of self-medication
- ❖ The dangers of not having my own physician
- ❖ How to manage, not *control* uncertainty and ambiguity
- ❖ How to prepare myself for litigation and litigation assault
- ❖ How to foster clear, direct and honest communication among my partners
- ❖ How to affirm that I use life’s difficulties to grow and evolve
- ❖ How to relinquish my fear of losing to anyone
- ❖ How to let go of self-sabotaging thoughts and actions
- ❖ How to let go of turning my anger against myself

2011, Modified from Original list, **John-Henry Pfifferling**, in *Resident & Staff Physician* (April 1990), “Things I Wish they Taught in Medical School” 36(4) 85-92.