**Overgeneralizing**

I don’t know anything

I’m not good enough

Specialists are always mean

All OB nurses are rude

Everything is always a challenge

Nothing ever goes well for me

Every time it rains my productivity sucks

All patients who are referred by mental health present with the same symptoms

**Should/Must-Critical Words**

I should have looked that up

I should already have my notes done

I should have tried harder

I should have asked that

He must have it all together

I ought to be doing better

I must have did something wrong, the attending was short with me

She must have a lot of support

My partner ought to understand how hard this is for me

**Disqualifying the positive**

That task was so easy, anyone could have done it

I just got lucky

I just had a lecture on that, that is why I did well

They’re just saying that to be nice

Anyone could have done it

My score is too low, I will never pass

I am not good at that rotation; I won’t be a good doctor

Nurses are just being nice to me because it’s their job

**Personalization**

If I just took my medication then I would not have this disease

The nurse did not document it so how was I supposed to know

This is my fault

My peer failed, he is on my team so I should have been able to help him earlier

My MA roomed my patient late so now I will be running late all day

I’m sorry the pool was not cleared out

**Mental Filter**

Fixating on 1 failed rotation despite passing all others

Only noticing critiques on notes

One attending does not like me, I am unlikable

One bad eval = I’m a bad doctor/person

I only remember the patients that have died

Only noticing mistakes of support staff

Only remember the person that mistreated them

**All or Nothing Thinking**

Skinny or fat

Smart or dumb

If I am late once, I am always thought of as unprofessional

I cannot maintain balance so why try

I already blew my diet today so now I will eat whatever I want

I can’t do anything right

If I don’t win this competition I’m a loser

Lazy or energetic

If I need help- I’m viewed as stupid

If I am not a perfect partner, I’m horrible

**Emotional Reasoning**

I feel dumb, they must be thinking I’m stupid

I’m sad and will never feel better

I’m nervous that I’ll never graduate

I feel tired, I can’t keep up

I feel disgusted, these people are poisoning me

I’m mad so I will never be happy here

I’m frustrated so my life sucks

I am feeling defeated, I am such a failure

I am jealous, they must have a better life

I am worried that I will never pass this rotation

I’m scared, I am a coward

I feel ashamed that I will never be a good doctor

**Labeling**

I am an idiot

That nurse is a bitch

Attending is a hard ass

I’m lazy

Nurses are rude

He is overbearing

She is insensitive

He is unprofessional

He is a rule breaker

I missed that symptom, I am so stupid

Patients who present with chronic pain are med seeking

Patients seeking disability are just lazy

**Jumping to Conclusions**

I know my advisor doesn’t like me

My patient probably doesn’t respect me

My partner must be mad at me

I’m going to fail

My patient is just going to die anyway

They must think I don’t know what I am doing

The attending is not going to like me

I will never graduate and be a real doctor

The patient won’t listen to me

I will never find love

**Magnification/**

**Catastrophizing/**

**Minimizing**

I gave that patient someone else’s appointment slip- it’s no big deal

The attending did not agree with my plan, my career is doomed

I have limited time for friends during residency, all of my friends are going to abandon me

I have to work during the holidays, my family is going to disown me

I used the wrong pronoun with my trans-gender patient it’s no big deal

My co resident is the best because he is so fast at seeing patients

I did not finish my notes, it’s no big deal- I can still handle going out with friends and drinking tonight