

Mark's Daily Mood Log\*

**Upsetting Event: My role as a father for my oldest son.**

Emotions	% Now	% Goal	% After	Emotions	% Now	% Goal	% After
Sad, blue, depressed, down, unhappy	60			Embarrassed, foolish, humiliated, self-conscious	60		
Anxious, worried, panicky, nervous, frightened	30			Hopeless, discouraged, pessimistic, despairing	80		
Guilty, remorseful, bad, ashamed	60			Frustrated, stuck, thwarted, defeated	80		
Worthless, inadequate, defective, incompetent	50			Angry, mad, resentful, annoyed, irritated, upset, furious	30		
Lonely, unloved, unwanted, rejected, alone	40						

Negative Thoughts	% Now	% After	Distortions	Positive Thoughts	% Belief
1. I've been a failure.	70				
2. There's something defective in my brain that has prevented a loving relationship with my son.	90				
3. Someone else could have had a better therapy session with Jill and David.	70				
4. This should not happen to me because I'm a caring person.	75				
5. Other family members (ex-wife) have contributed to this conflict.	80				

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