

Marilyn's Daily Mood Log\*

**Upsetting Event:** Being recently diagnosed with incurable stage-4 (non-smoker) lung cancer

Emotions	% Now	% Goal	% After	Emotions	% Now	% Goal	% After
Sad, blue, depressed, down, unhappy	100	45	5	Embarrassed, foolish, humiliated, self-conscious	--		
Anxious, worried, panicky, nervous, frightened	100	20	2	Hopeless, discouraged, pessimistic, despairing	100	5	1
Guilty, remorseful, bad, ashamed	100	20	0	Frustrated, stuck, thwarted, defeated	100	5	1
Inferior, worthless, inadequate, defective, incompetent	100	15	0	Angry, mad, resentful, annoyed, irritated, upset, furious	100	20	1
Lonely, unloved, unwanted, rejected, alone, abandoned	100	10	0	Other			

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