

Melanie's Daily Mood Log*

Upsetting Event: Telephone call from a church member offering condolences after my ex-mother in law died.

Emotions	% Before	% After	Emotions	% Before	% After
Sad, blue, depressed, down, unhappy	50%		Embarrassed, foolish, humiliated, self-conscious	100%	
Anxious, worried, panicky, nervous, frightened	100%		Hopeless, discouraged, pessimistic, despairing	25%	
Guilty, remorseful, bad, ashamed	100%		Frustrated, stuck, thwarted, defeated	80%	
Inferior, worthless, inadequate, defective, incompetent	95%		Angry, mad, resentful, annoyed, irritated, upset, furious	75%	
Lonely, unloved, unwanted, rejected, alone, abandoned	--		Other		

Negative Thoughts	Before	After	Distortions	Positive Thoughts	Belief
1. I'm a failure.	100%				
2. She'll tell other people who will judge me.	100%				
3. I'm defective.	85%				
4. I can't maintain a relationship.	95%				
5. People will think that men dump me.	65%				
6. People will laugh at me.	100%				
7. My reputation will be tarnished.	85%				
8. People will wonder how I can help troubled couples when I keep running away from relationship problems.	95%				

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Melanie's Daily Mood Log (cont'd)

Negative Thoughts	Before	After	Distortions	Positive Thoughts	Belief
9. My children will be humiliated at my funeral.	90%				
10. People will think I deserve to be punished.	95%				
11. David, Jill, and Angela (my therapists) may be feeling shocked and holding back.	75%				
12. That would mean the problem may be even worse—it would mean I really am defective.	100%				
13. That would mean they're judgmental phonies.	100%				
14. I might be abandoned.	100%				
15. It's only safe to share my failures with others who've had failed marriages.	100%				

Checklist of Cognitive Distortions*	
1. All-or-Nothing Thinking. You view things in absolute, black-and-white categories.	6. Magnification and Minimization. You blow things out of proportion or shrink them.
2. Overgeneralization. You view a negative event as a never-ending pattern of defeat: "This <i>always</i> happens!"	7. Emotional Reasoning. You reason from your feelings: "I <i>feel</i> like an idiot, so I must really <i>be</i> one."
3. Mental Filter. You dwell on the negatives and ignore the positives.	8. Should Statements. You use shoulds, shouldn'ts, musts, oughts, and have tos.
4. Discounting the Positive. You insist that your positive qualities don't count.	9. Labeling. Instead of saying, "I made a mistake," you say, "I'm a jerk" or "I'm a loser."
5. Jumping to Conclusions. You jump to conclusions not warranted by the facts. <ul style="list-style-type: none"> • Mind-Reading. You assume that people are reacting negatively to you. • Fortune-Telling. You predict that things will turn out badly. 	10. Blame. You find fault instead of solving the problem. <ul style="list-style-type: none"> • Self-Blame. You blame yourself for something you weren't entirely responsible for. • Other-Blame. You blame others and overlook ways you contributed to the problem.

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