

Harold's Daily Mood Log

Upsetting Situation: Patient commits suicide, totally unexpected.

Emotions	% Now	% Goal	% After	Emotions	% Now	% Goal	% After
Sad, depressed	100%			Humiliated	90%		
Anxious, worried, panicky	100%			Hopeless, discouraged	90%		
Guilty, ashamed	100%			Frustrated, defeated	100%		
In adequate, incompetent	100%			Angry	100%		

NT	% Now	% After	Dist	PT	% Belief
1. I should have seen this coming.	100%				
2. My colleagues will look down on me.	100%				
3. I'll get sued.	50%				
4. It's unfair. He should have been more honest with me.	100%				
5. This is my fault.	100%				

Downward Arrow Technique

I should have known he was suicidal. I should have seen this coming.



If that were true, what would it mean to you?
Why would it be upsetting to you?

Downward Arrow (cont'd)

That means I've failed.



If that were true, what would it mean to you?
Why would it be upsetting to you?

Downward Arrow (cont'd)

That means that I'm a failure and a fraud.



If that were true, what would it mean to you?
Why would it be upsetting to you?

Downward Arrow (cont'd)

That means I'm no good.



If that were true, what would it mean to you?
Why would it be upsetting to you?

Downward Arrow (cont'd)

Then no one would like me or respect me.



If that were true, what would it mean to you?
Why would it be upsetting to you?

Downward Arrow (cont'd)

I'd be worthless and all alone.



If that were true, what would it mean to you?
Why would it be upsetting to you?

Downward Arrow (cont'd)

I'd be miserable forever if I had to be alone.

What are Harold's Self-Defeating Beliefs (SDBs)?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.