

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		Embarrassed, foolish, humiliated, self-conscious	--		
Anxious, worried, panicky, nervous, frightened	100	20		Hopeless, discouraged, pessimistic, despairing	100	5	
Guilty, remorseful, bad, ashamed	100	20		Frustrated, stuck, thwarted, defeated	100	5	
Inferior, worthless, inadequate, defective, incompetent	100	15		Angry, mad, resentful, annoyed, irritated, upset, furious	100	20	
Lonely, unloved, unwanted, rejected, alone, abandoned	100	10		Other			

Negative Thoughts	% Now	% After	Distortions	Positive Thoughts	% Belief
1. This cannot be true—I've never smoked.	100				
2. I'm going to die (sooner than later.).	100				
3. I'm terrified of dying.	100				
4. Is there life after death? There is no life after death.	100				
5. I can't believe I have cancer.	100				
6. This cannot be true. I've never smoked.	100				
7. I've wasted a lot of my life because of my alcoholism.	100				

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8. I've been duped by religions.	100			
9. I don't want to have cancer.	100			
10. I'm defective because I have never had and will never have a life partner.	100			
11. I'm not as spiritual as others.	100			
12. I may be a burden to others.	100			
13. I may suffer with physical pain.	100			
14. There may be no life after death.	100			
15. I'm not spiritual enough.	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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Karen's Daily Mood Log*

Upsetting Event: Daughter was shot in the face with a high-powered pellet gun 9 years ago, when she was 12.

Emotions	% Now	% Goal	% After	Emotions	% Now	% Goal	% After
Sad, blue, depressed, down, unhappy	90			Embarrassed, foolish, humiliated, self-conscious	--		
Anxious, worried, panicky, nervous, frightened	100			Hopeless, discouraged, pessimistic, despairing	75		
Guilty, remorseful, bad, ashamed	100			Frustrated, stuck, thwarted, defeated	100		
Worthless, inadequate, defective, incompetent	80			Angry, mad, resentful, annoyed, irritated, upset, furious	90		
Lonely, unloved, unwanted, rejected, alone	-			Other			

Negative Thoughts	% Now	% After	Distortions	Positive Thoughts	% Belief
1. I never should have let her go out and play. She never would have suffered from severe PTSD and depression.	100		SH; AON; MF; FT; SB		
2. She would never have been shot if I'd been a better disciplinarian and made her stay inside.	100		SH; AON; MF; FT; SB		
3. I'm a bad Mom.	75		AON; LAB; SH; SB; DP; ER		
4. I should not have trusted the doctors who put her on all kinds of psychiatric medications that only made things worse.	100		SH; SB; MF; AON		

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5. It's my fault that her childhood was ruined.	100		MF; DP; AON; SB, ER	
6. I'll have to spend the rest of my life trying to make it up to her.	100		SH; SB; DP; FT, MAG; AON	
7. I can never be truly happy because I never know if she's going to be stable.	90		SH; SB; AON; MF; ER; OG	
8. The therapists in the audience may judge me.	100		MR	
9. They won't like me.	100		MR	
10. They'll think I'm a bad mom.	80		MR	

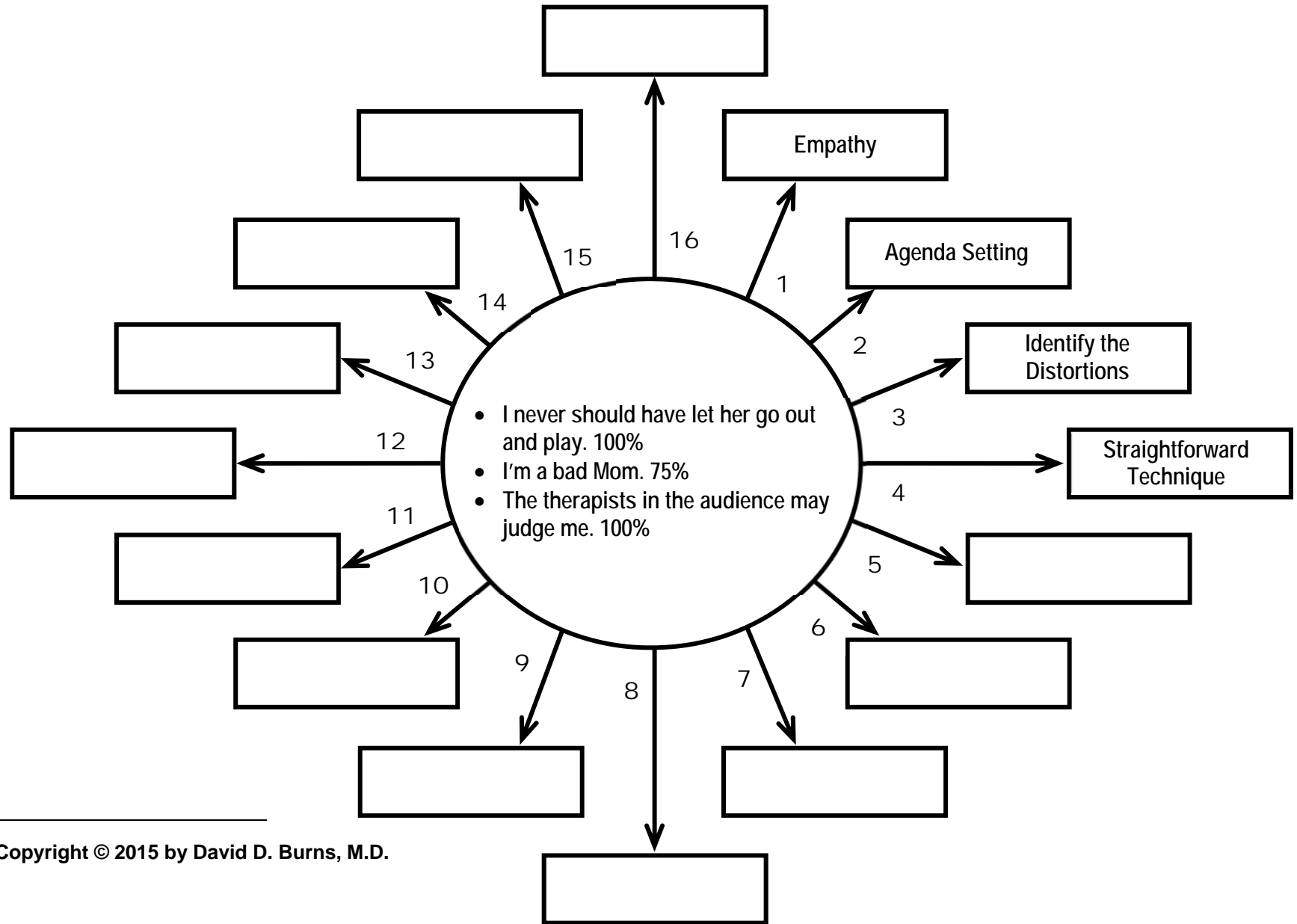
Positive Reframing Table*

Review the negative thoughts and feelings on your Daily Mood Log, and fill in the two columns below.

Advantages	Values
What are some advantages of your negative thoughts and feelings? Ask yourself how they might help you, protect you, or benefit you.	What do your negative thoughts and feelings show about you that is positive and awesome? Do they reflect some of your core values?

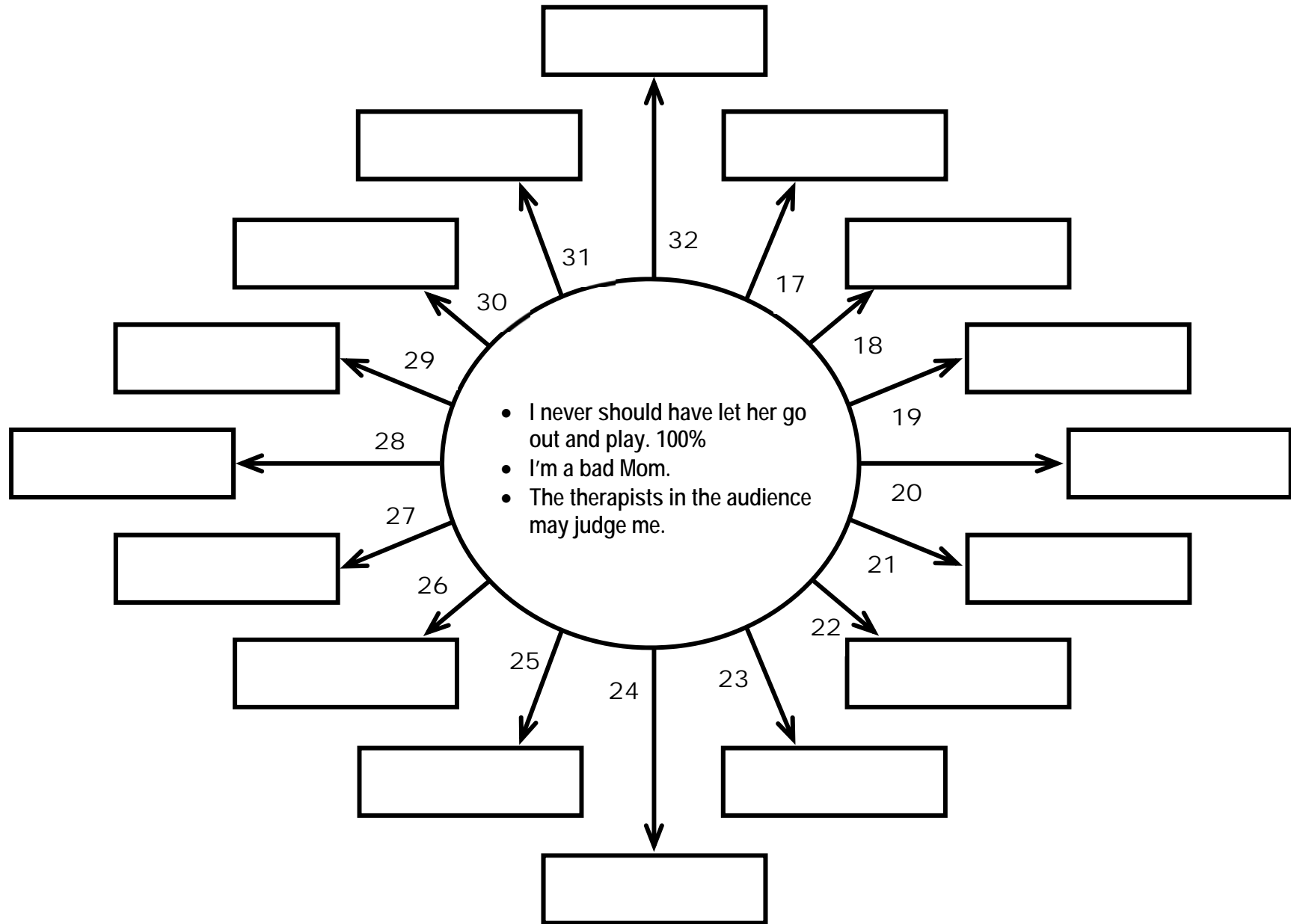
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Karen's Recovery Circle*



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Karen's Recovery Circle (page 2)



50 Ways to Untwist Your Thinking*

Basic Techniques	Role-Playing	Exposure Techniques
<ul style="list-style-type: none"> 1. Empathy 2. Agenda Setting 3. Identify the Distortions 4. Straightforward Technique 	<ul style="list-style-type: none"> 19. Externalization of Voices 20. Feared Fantasy Plus: Double Standard, Acceptance Paradox, Devil's Advocate, and many of the Interpersonal Techniques 	Classical Exposure
Cognitive Techniques	Philosophical / Spiritual	Cognitive Exposure
Compassion-Based	Visual Imaging	Interpersonal Exposure
<ul style="list-style-type: none"> 5. Double Standard Technique 	<ul style="list-style-type: none"> 22. Time Projection 23. Humorous Imaging 24. Cognitive Hypnosis 	<ul style="list-style-type: none"> 36. Gradual Exposure and Flooding 37. Response Prevention 38. Distraction
Truth-Based	Uncovering Techniques	<ul style="list-style-type: none"> 39. Cognitive Flooding 40. Image Substitution 41. Memory Rescripting Plus: Worry Breaks, Feared Fantasy, and Acceptance Paradox
<ul style="list-style-type: none"> 6. Examine the Evidence 7. Experimental Technique 8. Survey Technique 9. Reattribution 	Motivational Techniques	<ul style="list-style-type: none"> 42. Smile and Hello Practice 43. David Letterman Technique 44. Self-Disclosure 45. Flirting Training 46. Rejection Practice Plus: Rejection Feared Fantasy and Shame-Attacking Exercises
Logic-Based	<ul style="list-style-type: none"> 25. Individual Downward Arrow 26. Interpersonal Downward Arrow 27. What-If Technique 28. Hidden Emotion Technique 	Interpersonal Techniques
<ul style="list-style-type: none"> 10. Socratic Method 11. Thinking in Shades of Gray 	<ul style="list-style-type: none"> 29. Straightforward and Paradoxical Cost-Benefit Analysis (CBA) 30. Devil's Advocate Technique 31. Stimulus Control 32. Decision-Making Form 33. Daily Activity Schedule 34. Pleasure Predicting Sheet 35. Anti-Procrastination Sheet 	<ul style="list-style-type: none"> 47. Relationship Cost-Benefit Analysis (CBA) 48. Revise Your Communication Style 49. Five Secrets of Effective Communication 50. One-Minute Drill Plus: Interpersonal Decision-Making
Semantic		
<ul style="list-style-type: none"> 12. Semantic Method 13. Let's Define Terms 14. Be Specific 		
Quantitative		
<ul style="list-style-type: none"> 15. Self-Monitoring 16. Negative Practice / Worry Breaks 		
Humor-Based		
<ul style="list-style-type: none"> 17. Paradoxical Magnification 18. Shame-Attacking Exercises 		