

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			Embarrassed, foolish, humiliated, self-conscious	--		
Anxious, worried, panicky, nervous, frightened	100			Hopeless, discouraged, pessimistic, despairing	100		
Guilty, remorseful, bad, ashamed	100			Frustrated, stuck, thwarted, defeated	100		
Inferior, worthless, inadequate, defective, incompetent	100			Angry, mad, resentful, annoyed, irritated, upset, furious	100		
Lonely, unloved, unwanted, rejected, alone, abandoned	100			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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Marilyn's Daily Mood Log, page 2*

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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