

Holly's Daily Mood Log (after Positive Reframing)*

Upsetting Event: Female workshop participant compliments me on how I look.

Emotions	% Now	% Goal	% After	Emotions	% Now	% Goal	% After
Sad, blue, depressed, down, unhappy	70	20		Embarrassed, foolish, humiliated, self-conscious	95	30	
Anxious, worried, panicky, nervous, frightened	90	30		Hopeless, discouraged, pessimistic, despairing	70	10	
Guilty, remorseful, bad, ashamed	85	10		Frustrated, stuck, thwarted, defeated	70	10	
Worthless, inadequate, defective, incompetent	100	10		Angry, mad, resentful, annoyed, irritated, upset, furious	70	30	
Lonely, unloved, unwanted, rejected, alone	0			Other: vulnerable, pressure in my chest, caged, paralyzed	90	20	

Negative Thoughts	% Now	% After	Distortions	Positive Thoughts	% Belief
1. I'm an idiot.	90				
2. I don't deserve to be here.	80				
3. I'm so behind in life.	100				
4. I'll never make it. I can't be successful.	90				
5. I'm ugly and fat.	100				
6. People think I'm a fraud and an airhead.	100				
7. I victimize myself.	80				
8. I'm not good enough for others or for myself.	90				
9. I'm a joke, and others can see it.	80				
10. I'm not deserving of good people.	80				

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11. I'll ruin anything good.	80				
12. I should not have let the abuse happen for so long.	80				
13. I must be very broken to have stayed for so long.	80				
14. My boyfriend is too good for me.	75				