

Holly's Daily Mood Log (at the start of the session)*

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

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				

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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