

Melanie's Daily Mood Log\*

**Upsetting Event:** Telephone call from a church member offering condolences after my ex-mother in law died.

| Emotions  | % Before | % After | Emotions  | % Before | % After |
|---|----------|---------|---|----------|---------|
| Sad, blue, depressed, down, unhappy                     | 50%      |         | Embarrassed, foolish, humiliated, self-conscious          | 100%     |         |
| Anxious, worried, panicky, nervous, frightened          | 100%     |         | Hopeless, discouraged, pessimistic, despairing            | 25%      |         |
| Guilty, remorseful, bad, ashamed                        | 100%     |         | Frustrated, stuck, thwarted, defeated                     | 80%      |         |
| Inferior, worthless, inadequate, defective, incompetent | 95%      |         | Angry, mad, resentful, annoyed, irritated, upset, furious | 75%      |         |
| Lonely, unloved, unwanted, rejected, alone, abandoned   | --       |         | Other   |          |         |

| Negative Thoughts  | % Before | % After | Distortions                          | Positive Thoughts   | % Belief                     |
|--|----------|---------|--------------------------------------|---|------------------------------|
| 1. I'm a failure.  | 100%     |         |                                      |   |                              |
| 2. She'll tell other people who will judge me.   | 100%     | 35%     | AON; OG; MF; DP; MR; FT; MAG; ER; SB | Some people may judge me.<br><br>Most people will see the beautiful parts of my personality.<br><br>Those who judge me will make themselves look bad. | 100%<br><br>100%<br><br>100% |
| 3. I'm defective.  | 85%      |         |                                      |   |                              |
| 4. I can't maintain a relationship.  | 95%      |         |                                      |   |                              |
| 5. People will think that men dump me..  | 65%      |         |                                      |   |                              |
| 6. People will laugh at me.  | 100%     |         |                                      |   |                              |
| 7. My reputation will be tarnished.  | 85%      |         |                                      |   |                              |
| 8. People will wonder how I can help troubled couples when I keep running away from relationship problems. | 95%      |         |                                      |   |                              |

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Melanie's Daily Mood Log (cont'd)

| Negative Thoughts  | % Before | % After | Distortions | Positive Thoughts | % Belief |
|--|----------|---------|-------------|-------------------|----------|
| 9. My children will be humiliated at my funeral.                                       | 90%      |         |             |                   |          |
| 10. People will think I deserve to be punished.  | 95%      |         |             |                   |          |
| 11. David, Jill, and Angela (my therapists) may be feeling shocked and holding back.   | 75%      |         |             |                   |          |
| 12. That would mean the problem may be even worse—it would mean I really am defective. | 100%     |         |             |                   |          |
| 13. That would mean they're judgmental phonies.  | 100%     |         |             |                   |          |
| 14. I might be abandoned.  | 100%     |         |             |                   |          |
| 15. It's only safe to share my failures with others who've had failed marriages.       | 100%     |         |             |                   |          |

| Checklist of Cognitive Distortions*   |  |
|---|--|
| 1. <b>All-or-Nothing Thinking.</b> You view things in absolute, black-and-white categories.   | 6. <b>Magnification and Minimization.</b> You blow things out of proportion or shrink them.  |
| 2. <b>Overgeneralization.</b> You view a negative event as a never-ending pattern of defeat: "This <i>always</i> happens!"  | 7. <b>Emotional Reasoning.</b> You reason from your feelings: "I <i>feel</i> like an idiot, so I must really <i>be</i> one."   |
| 3. <b>Mental Filter.</b> You dwell on the negatives and ignore the positives.   | 8. <b>Should Statements.</b> You use shoulds, shouldn'ts, musts, oughts, and have tos.   |
| 4. <b>Discounting the Positive.</b> You insist that your positive qualities don't count.  | 9. <b>Labeling.</b> Instead of saying, "I made a mistake," you say, "I'm a jerk" or "I'm a loser."   |
| 5. <b>Jumping to Conclusions.</b> You jump to conclusions not warranted by the facts. <ul style="list-style-type: none"> <li>• <b>Mind-Reading.</b> You assume that people are reacting negatively to you.</li> <li>• <b>Fortune-Telling.</b> You predict that things will turn out badly.</li> </ul> | 10. <b>Blame.</b> You find fault instead of solving the problem. <ul style="list-style-type: none"> <li>• <b>Self-Blame.</b> You blame yourself for something you weren't entirely responsible for.</li> <li>• <b>Other-Blame.</b> You blame others and overlook ways you contributed to the problem.</li> </ul> |

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