

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%	0%	Embarrassed, foolish, humiliated, self-conscious	100%	10%
Anxious, worried, panicky, nervous, frightened	100%	8%	Hopeless, discouraged, pessimistic, despairing	25%	0%
Guilty, remorseful, bad, ashamed	100%	10%	Frustrated, stuck, thwarted, defeated	80%	0%
Inferior, worthless, inadequate, defective, incompetent	95%	5%	Angry, mad, resentful, annoyed, irritated, upset, furious	75%	0%
Lonely, unloved, unwanted, rejected, alone, abandoned	--	--	Other		

Negative Thoughts	Before	After	Distortions	Positive Thoughts	Belief
1. I'm a failure.	100%	0%	AON OG MF DP MAG LAB SB	I've successfully rebounded from past mistakes and unwise choices. I was successful in refraining from allowing adversity to rob me of my current happy eight-year marriage. Besides, no one has ever said I'm a failure because of my three marriages.	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. Most people will see the beautiful parts of my personality. Those who judge me will make themselves look bad.	100% 100% 100%
3. I'm defective.	85%	10%	AON OG MF DP MAG ER LAB SB	All humans are imperfect so I must be normal in my imperfection. I'm from the <i>human</i> species.	95%
4. I can't maintain a relationship.	95%	0%	AON OG MF DP MAG SB	I made a mistake with my first two choices. It is unhealthy to remain in a bad relationship. I am still married to my third husband for the last 8 years and We are both very, very happy and compatible. I maintain great relationships with my ex-in laws from both previous husbands. Now <i>that's</i> maintaining a relationship.	100%

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Melanie's Daily Mood Log (cont'd)

Negative Thoughts	Before	After	Distortions	Positive Thoughts	Belief
5. My children will be humiliated at my funeral.	90%	5%	AON MF DP MR FT ER	They will be older and understand the complexity of relationships. Their grief will supersede their possible fleeting moments of shame. They love me and are proud of me for many things I have done. They are close to my third husband who has helped them in so many ways. They might even say, "Mom had it going on!"	100%
6. People will think I deserve to be punished.	95%	0%	AON OG MR FT DP ER	I was already punished when I was still in the unhappy marriages. I paid my dues in advance. I have been punished by the shame I have carried. People are more compassionate than cruel to divorced women.	100%
7. David, Jill, and Angela (my therapists) may be feeling shocked and holding back.	75%	0%	MF MR FT ER AON	They are therapists. What's a multiple marriage when they have heard many <i>mega</i> shockers from their clients? I feel connected and embraced by them. It feels sincere. It's not their style to hold back. They aren't phonies.	100%
8. That would mean the problem may be even worse—it would mean I really am defective.	100%	0%	AON LAB OG MF DP MR FT MAG ER LAB SB	If they were shocked it might mean they wonder how anyone would be crazy enough to loose a good wife like me.	95%
9. That would mean they're judgmental phonies.	100%	100% IF THEY DID BUT 0% CAUSE THEY DON'T	AON OG MR FT MAG LAB	This is true. If the helping professionals judge me they would be just that...phony! The fact is they are not!	100%
10. I might be abandoned.	100%	0%	AON MF MR FT MAG SB ER	No one has distanced from me yet because of it. In fact, I have kept many of my old friends from both marriages and made many new ones that are my third husband's friends. The handful that I'm not in contact with may have disappeared for other reasons.	100%
11. It's only safe to share my failures with others who've had failed marriages.	100%	0%	AON MF MR FT SS ER MAG	Some of my single friends who have never married say I am lucky or blessed. They did not condemn me despite the shame in my thoughts. In fact, no one who has been married only once has ever actually said anything condemning.	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.