Harold’s Daily Mood Log

Upsetting Situation: Patient commits suicide, totally unexpected.

<table>
<thead>
<tr>
<th>Emotions</th>
<th>% Now</th>
<th>% Goal</th>
<th>% After</th>
<th>Emotions</th>
<th>% Now</th>
<th>% Goal</th>
<th>% After</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sad, depressed</td>
<td>100%</td>
<td></td>
<td></td>
<td>Humiliated</td>
<td></td>
<td>90%</td>
<td></td>
</tr>
<tr>
<td>Anxious, worried, panicky</td>
<td>100%</td>
<td></td>
<td></td>
<td>Hopeless, discouraged</td>
<td></td>
<td>90%</td>
<td></td>
</tr>
<tr>
<td>Guilty, ashamed</td>
<td>100%</td>
<td></td>
<td></td>
<td>Frustrated, defeated</td>
<td></td>
<td>100%</td>
<td></td>
</tr>
<tr>
<td>Inadequate, incompetent</td>
<td>100%</td>
<td></td>
<td></td>
<td>Angry</td>
<td></td>
<td>100%</td>
<td></td>
</tr>
</tbody>
</table>

NT

1. I should have seen this coming. 100%
2. My colleagues will look down on me. 100%
3. I’ll get sued. 50%
4. It’s unfair. He should have been more honest with me. 100%
5. This is my fault. 100%
I should have known he was suicidal. I should have seen this coming.

If that were true, what would it mean to you? Why would it be upsetting to you?
That means I’ve failed.

If that were true, what would it mean to you? Why would it be upsetting to you?
That means that I’m a failure and a fraud.

If that were true, what would it mean to you? Why would it be upsetting to you?
That means I’m no good.

If that were true, what would it mean to you? Why would it be upsetting to you?
If that were true, what would it mean to you? Why would it be upsetting to you?

Then no one would like me or respect me.
I’d be worthless and all alone.

If that were true, what would it mean to you? Why would it be upsetting to you?
I’d be miserable forever if I had to be alone.
What are Harold’s Self-Defeating Beliefs (SDBs)?

1.
2.
3.
4.
5.
6.