

Daily Mood Log*

Upsetting Event: Four years of infertility; three years of failed treatment

Emotions	% Now	% Goal	% After	Emotions	% Now	% Goal	% After
Sad, blue, depressed, down, unhappy	90	30	5	Embarrassed, foolish, humiliated, self-conscious			
Anxious, worried, panicky, nervous, frightened	100	30	30	Hopeless, discouraged, pessimistic, despairing	100	40	30
Guilty, remorseful, bad, ashamed	70	10	0	Frustrated, stuck, thwarted, defeated	90	40	30
Inferior, worthless, inadequate, defective, incompetent	100	5	0	Angry, mad, resentful, annoyed, irritated, upset, furious			
Lonely, unloved, unwanted, rejected, alone, abandoned	70	20	10	Other			

Negative Thoughts	% Now	% After	Distortions	Positive Thoughts	% Belief
1. My life will be empty and meaningless w/o children.	90	0	AON FT MF SH DP	I already have a wonderful husband and meaningful work. Life is about being in the moment.	100
2. People who have kids live happier and more fulfilling lives.	100	0	FT AON MF	There are plenty of people with children who are unhappy. Research suggests this isn't true.	100
3. I am defective/inferior to people who can have children.	70	0	Label SB AOW ER OG	Everyone has flaws and defects. They don't define who we are / our worth as people.	100
4. I'm missing out on the most important part of life.	100	0	FT MR AON	The most important thing in life is to have compassion for <u>self</u> and others	100
5. If this treatment doesn't work, my life will be a failure.	80	0	FT MF AON Mag.	If the treatment fails then the treatment is a failure (not me!)	100

→ Examples of 100 people w/o kids who live meaningful lives.

This is cruel and unfair

Daily Mood Log (cont'd)

Negative Thoughts	% Now	% After	Distortions	Positive Thoughts	% Belief
6. I should have done more in my career given that I don't have kids.	100	0	SH SB DP	What about the years of medications, appointments, emotional turmoil I've been through?	100
7. Without children, there isn't much to look forward to.	100	0	FT MF Mag.	AOW Most parents I know are constantly worried about the future...	100
8. It's unfair that this treatment doesn't work for us.	70	0	SH AON OG	SB This treatment doesn't work for a lot of people. It's not 100%	100
9. I'm a disappointment to my family.	80	0	AON OG MR	DP MF SB SH If I'm disappointing them, that's their problem, not mine	100
10. If I don't want kids, that means there is something wrong with me.	100	0	SB AON Label SH	ER Maybe I'm more realistic about the limitations of kids bringing happiness.	90

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 always happens!"	7. Emotional Reasoning. You reason from your feelings: "I feel like an idiot, so I must really be 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.

* Copyright © 1984 by David D. Burns, M.D. Revised 2003.