

Sherrie's Daily Mood Log*

Upsetting Event: Breast cancer plus chemo; husband's heart attack

Emotions	% Now	% Goal	% After	Emotions	% Now	% Goal	% After
Sad, blue, depressed, down, unhappy				Embarrassed, foolish, humiliated, self-conscious	50	0	0
Anxious, worried, panicky, nervous, frightened	100	25	0	Hopeless, discouraged, pessimistic, despairing			
Guilty, remorseful, bad, ashamed				Frustrated, stuck, thwarted, defeated			
Inferior, worthless, inadequate, defective, incompetent				Angry, mad, resentful, annoyed, irritated, upset, furious			
Lonely, unloved, unwanted, rejected, alone, abandoned				Other			

Negative Thoughts	% Now	% After	Distortions	Positive Thoughts	% Belief
1. He could have died.	100	0	MF; DP	He didn't die!	100
2. He could die sooner than normal.	100	0	MF; DP; FT; MAG; ER	This is not necessarily true.	100
3. Then I'll be alone and end up aging alone.	80	20	AON; OG; DP; FT	I have lots of friends—my synagogue, my Jewish family.	100
4. I won't be able to feed myself.	100	0	AON; FT	I have friends that cook, and I can do a crock pot!	100
5. I might cry or get emotional.	60	0	SH; FT; MR; SH	So what! I don't really care, and I doubt they'll judge me.	100
6. I might not be able to express my feelings.	100	0	DP; FT; SH; SB	I did express my feelings, very well in fact! But would it be the end of the world if I, or if anyone, had trouble expressing their deeply personal feelings in front of a live audience?	100
7. My colleagues will see my vulnerability.	100	20	FT; MR; SH; ER; SB	They did, and they honored and respected me for it. In fact vulnerability can be a really good thing!	100

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8. They'll think I'm not competent.	75	0	AON; MR; FT; SH; SB; MAG / MIN	This doesn't have anything to do with competence, but actually makes me more competent because I can feel!	100
9. I'll lose my good reputation.	75	0	AON; MR; FT; SH; SB; MAG / MIN	Dr. Burns called me a "healer." The people in the audience seemed touched and admiring!	100
10. I might end up as a bag lady.	50	0	AON; FT; MAG / MIN	I make a good living and I have savings. We also have life insurance policies.	
11.					

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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