

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		
Anxious, worried, panicky, nervous, frightened	100			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				
2. He could die sooner than normal.	100				
3. Then I'll be alone and end up aging alone.	80				
4. I won't be able to feed myself.	100				
5. I might get emotional.	60				
6. I might not be able to express my feelings.	100				
7. My colleagues will see my vulnerability.	100				

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Sherrie's Daily Mood Log, page 2*

8. They'll think I'm not competent.	75			
9. I'll lose my good reputation.	75			
10. I might end up as a bag lady.	50			
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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