

Marilyn's Daily Mood Log*

Upsetting Event: Results of my recent PET scan that showed that the cancer is spreading

Emotions	% Now	% Goal	% After	Emotions	% Now	% Goal	% After
Sad, blue, depressed, down, unhappy	100	10	50, but a good 50!	Embarrassed, foolish, humiliated, self-conscious	100	0	0
Anxious, worried, panicky, nervous, frightened	100	25	20	Hopeless, discouraged, pessimistic, despairing	100	5	1
Guilty, remorseful, bad, ashamed	100	2	0	Frustrated, stuck, thwarted, defeated	100	5	0
Inferior, worthless, inadequate, defective, incompetent	100	3	2	Angry, mad, resentful, annoyed, irritated, upset, furious	100	0	1
Lonely, unloved, unwanted, rejected, alone, abandoned	100	0	0	Other			

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