

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		Embarrassed, foolish, humiliated, self-conscious	100	0	
Anxious, worried, panicky, nervous, frightened	100	25		Hopeless, discouraged, pessimistic, despairing	100	5	
Guilty, remorseful, bad, ashamed	100	2		Frustrated, stuck, thwarted, defeated	100	5	
Inferior, worthless, inadequate, defective, incompetent	100	3		Angry, mad, resentful, annoyed, irritated, upset, furious	100	0	
Lonely, unloved, unwanted, rejected, alone, abandoned	100	0		Other			

Negative Thoughts	% Now	% After	Distortions	Positive Thoughts	% Belief
1. I'm going to die sooner than I thought because the cancer is spreading..	100				
2. I'm going to die alone, in pain.	100				
3. I'm alone and scared.	100				
4. I'm going to die without having lived a meaningful life.	100				
5. I'm going to miss people, nature, animals.	100				
6. I work hard at my spiritual life and I'm getting nowhere.	100				
7. I have no faith.	100				

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8. I still can't accept / believe that I have lung cancer, since I never smoked.	100			
9. I don't know how to spend the rest of my life.	100			
10. I'm wasting my life.	100			
11. I don't know how I'm going to die.	100			

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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