

Daily Mood Log*

Upsetting Event: Last night worrying and crying before falling asleep.

Emotions	% Now	% Goal	% After	Emotions	% Now	% Goal	% After
Sad, blue, depressed, down, unhappy	100	50		Embarrassed, foolish, humiliated, self-conscious	0	NA	
Anxious, worried, panicky, nervous, frightened	100	20		Hopeless, despairing	90	25	
Bad	50	10		Frustrated, stuck	100	5	
Inferior, worthless, inadequate, defective, incompetent	0	NA		Angry, mad, resentful, annoyed, irritated, upset, furious	100	50	
Lonely, alone, abandoned	90	20		Other			

* Copyright © 1984 by David D. Burns, M.D. Revised 2010.