

Neil's Daily Mood Log* at the start of the session

Upsetting Event: Feeling like I didn't get enough done at the end of the day.

| Emotions | % Now | % Goal | % After | Emotions | % Now | % Goal | % After |
|---|-------|--------|---------|---|-------|--------|---------|
| Sad, blue, depressed, down, unhappy | 85 | | | Embarrassed, foolish, humiliated, self-conscious | 50 | | |
| Anxious, worried, panicky, nervous, frightened | 85-90 | | | Hopeless, discouraged, pessimistic, despairing | 85 | | |
| Guilty, remorseful, bad, ashamed | 85-90 | | | Frustrated, stuck, thwarted, defeated | 95 | | |
| Inferior, worthless, inadequate, defective, incompetent | 65-70 | | | Angry, mad, resentful, annoyed, irritated, upset, furious | 70 | | |
| Lonely, unloved, unwanted, rejected, alone, abandoned | 80 | | | Other: Overwhelmed | 95 | | |

| Negative Thoughts | % Now | % After | Distortions | Positive Thoughts | % Belief |
|---|-------|---------|------------------------------------|-------------------|----------|
| 1. I'm not capable of getting organized.. | 85 | | SH; DP; SB; ER; AON; MF; OG; FT | | |
| 2. No one will do this for me. I'm in this by myself. | 100 | | | | |
| 3. I should be able to do this and figure this out. | 100 | | | | |
| 4. I'm failing. | 95 | | | | |
| 5. There's not enough time and there's no way I can do all of this. | 100 | | | | |
| 6. I'm not capable of achieving my goals. | 90 | | | | |
| 7. My father was right about me. | 85 | | | | |
| 8. I'll end up unhealthy, weak, and broke. | 65 | | | | |

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Checklist of Cognitive Distortions*

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|---|--|
| 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. |

Neil's Positive Reframing Table*

| Negative Thought or Feeling | Advantages / Values |
|--------------------------------|---|
| | 1. What are some advantages of this negative thought or feeling? How might it help, protect you, or benefit you? 2. What does this negative thought or feeling show about you that is beautiful, positive and awesome? |
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