

**Neil's Daily Mood Log\* after Positive Reframing and after smashing the first negative thought.**

**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	10-15		Embarrassed, foolish, humiliated, self-conscious	50	0	
Anxious, worried, panicky, nervous, frightened	85-90	10		Hopeless, discouraged, pessimistic, despairing	85	5	
Guilty, remorseful, bad, ashamed	85-90	0		Frustrated, stuck, thwarted, defeated	95	0-5	
Inferior, worthless, inadequate, defective, incompetent	65-70	5		Angry, mad, resentful, annoyed, irritated, upset, furious	70	10	
Lonely, unloved, unwanted, rejected, alone, abandoned	80	5		Other: Overwhelmed	95	5	

Negative Thoughts	% Now	% After	Distortions	Positive Thoughts	% Belief
1. I'm not capable of getting organized..	85 15	0	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				

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8. I'll end up unhealthy, weak, and broke.	65				
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Checklist of Cognitive Distortions *	
1. <b>All-or-Nothing Thinking.</b> You view things in absolute, black-and-white categories.	6. <b>Magnification and Minimization.</b> You blow things out of proportion or shrink them.
2. <b>Overgeneralization.</b> You view a negative event as a never-ending pattern of defeat: "This <i>always</i> happens!"	7. <b>Emotional Reasoning.</b> You reason from your feelings: "I <i>feel</i> like an idiot, so I must really <i>be</i> one."
3. <b>Mental Filter.</b> You dwell on the negatives and ignore the positives.	8. <b>Should Statements.</b> You use shoulds, shouldn'ts, musts, oughts, and have tos.
4. <b>Discounting the Positive.</b> You insist that your positive qualities don't count.	9. <b>Labeling.</b> Instead of saying, "I made a mistake," you say, "I'm a jerk" or "I'm a loser."
5. <b>Jumping to Conclusions.</b> You jump to conclusions not warranted by the facts. <ul style="list-style-type: none"> <li>• <b>Mind-Reading.</b> You assume that people are reacting negatively to you.</li> <li>• <b>Fortune-Telling.</b> You predict that things will turn out badly.</li> </ul>	10. <b>Blame.</b> You find fault instead of solving the problem. <ul style="list-style-type: none"> <li>• <b>Self-Blame.</b> You blame yourself for something you weren't entirely responsible for.</li> <li>• <b>Other-Blame.</b> You blame others and overlook ways you contributed to the problem.</li> </ul>

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