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Upsetting Event: _____

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

Negative Thoughts	% Now	% After	Distortions	Positive Thoughts	% Belief
1.					
2.					
3.					
4.					
5.					

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Negative Thoughts	% Now	% After	Distortions	Positive Thoughts	% Belief
6.					
7.					
8.					
9.					
10.					

Checklist of Cognitive Distortions*	
<p>1. All-or-Nothing Thinking. You view things in absolute, black-and-white categories.</p>	<p>6. Magnification and Minimization. You blow things out of proportion or shrink them.</p>
<p>2. Overgeneralization. You view a negative event as a never-ending pattern of defeat: "This <i>always</i> happens!"</p>	<p>7. Emotional Reasoning. You reason from your feelings: "I <i>feel</i> like an idiot, so I must really <i>be</i> one."</p>
<p>3. Mental Filter. You dwell on the negatives and ignore the positives.</p>	<p>8. Should Statements. You use shoulds, shouldn'ts, musts, oughts, and have tos.</p>
<p>4. Discounting the Positive. You insist that your positive qualities don't count.</p>	<p>9. Labeling. Instead of saying, "I made a mistake," you say, "I'm a jerk" or "I'm a loser."</p>
<p>5. Jumping to Conclusions. You jump to conclusions not warranted by the facts.</p> <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. 	<p>10. Blame. You find fault instead of solving the problem.</p> <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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