

## Daily Mood Journal\* Page 1 of 2

Upsetting Event: \_\_\_\_\_

Emotions	% Now	% Goal	% After	Emotions	% Now	% Goal	% After
<b>Sad</b> , blue, depressed, down, unhappy				<b>Embarrassed</b> , foolish, humiliated, self-conscious			
<b>Anxious</b> , worried, panicky, nervous, frightened				<b>Hopeless</b> , discouraged, pessimistic, despairing			
<b>Guilty</b> , remorseful, bad, ashamed				<b>Frustrated</b> , stuck, thwarted, defeated			
<b>Inferior</b> , worthless, inadequate, defective, incompetent				<b>Angry</b> , mad, resentful, annoyed, irritated, upset, furious			
<b>Lonely</b> , 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><b>1. All-or-Nothing Thinking.</b> You view things in absolute, black-and-white categories.</p>	<p><b>6. Magnification and Minimization.</b> You blow things out of proportion or shrink them.</p>
<p><b>2. Overgeneralization.</b> You view a negative event as a never-ending pattern of defeat: "This <i>always</i> happens!"</p>	<p><b>7. Emotional Reasoning.</b> You reason from your feelings: "I <i>feel</i> like an idiot, so I must really <i>be</i> one."</p>
<p><b>3. Mental Filter.</b> You dwell on the negatives and ignore the positives.</p>	<p><b>8. Should Statements.</b> You use shoulds, shouldn'ts, musts, oughts, and have tos.</p>
<p><b>4. Discounting the Positive.</b> You insist that your positive qualities don't count.</p>	<p><b>9. Labeling.</b> Instead of saying, "I made a mistake," you say, "I'm a jerk" or "I'm a loser."</p>
<p><b>5. Jumping to Conclusions.</b> You jump to conclusions not warranted by the facts.</p> <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>	<p><b>10. Blame.</b> You find fault instead of solving the problem.</p> <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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