

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

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	I'm overwhelmed by a lot of things I want to do, but I do get things done that require organizational skills. I can still grow and learn to do things more effectively.	100
2. No one will do this for me. I'm in this by myself.	100			It would be wonderful to have someone do stuff for me, but in fact, I do a pretty darn good job on my own and can be proud of what I've accomplished!	
3. I should be able to do this and figure this out.	100			I've done a lot of important things in my life and I've figured them all out. I've done all of those things. I can figure out what's important and what's not important.	
4. I'm failing.	95			I choose to love myself and to appreciate what I'm accomplishing.	

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5. There's not enough time and there's no way I can do all of this.	100			I'm doing just fine, and there will be times that I do more and times that I do less. And your tone of voice isn't helping me at all.
6. I'm not capable of achieving my goals.	90			I'm going to stop listening to your bullshit. That's my solution. I'm plenty capable guy.
7. My father was right about me.	85			I would love for him to be proud of me. And he doesn't know me. And the negative voice isn't welcome.
8. I'll end up unhealthy, weak, and broke.	65			Most important "positive" thought - "I don't have to listen to your bullshit! 😏"

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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