

Daily Mood Log* Page 1 of 2

Upsetting Event: My husband's ex-girlfriend married into a rich family and just moved into a beautiful \$600,000 house in Florida _____

Emotions	% Now	% Goal	% After	Emotions	% Now	% Goal	% After
Sad, blue, depressed, down, <u>unhappy</u>	100	40		Embarrassed, foolish, humiliated, self-conscious			
Anxious, worried, panicky, nervous, frightened				Hopeless, <u>discouraged</u> , pessimistic, <u>despairing</u>	90	30	
Guilty, remorseful, bad, ashamed				<u>Frustrated</u> , stuck, thwarted, defeated	100	30	
<u>Inferior</u> , worthless, inadequate, defective, incompetent	60	30		<u>Angry, mad, resentful, annoyed, irritated, upset, furious</u>	100	30	
Lonely, unloved, unwanted, rejected, <u>alone</u> , abandoned	50	30		Other: <u>Jealous</u>	90	30	

Negative Thoughts	% Now	% After	Distortions	Positive Thoughts	% Belief
1. She gets to live this happy life after how she's manipulated and treated people poorly for years.	100	50	All-or-Nothing, Overgeneralization, Mental Filter, Fortune Telling, Magnification, Should	Nobody is happy all the time, and sometimes the more you have, the more you stand to lose. In fact, the things that bring me the most joy in life hardly cost me anything!	100
2. It's not fair I have to work so hard just to get by.	100				
3. While I'm at work, she's probably sitting by her pool enjoying life.	100				
4. She gets to enjoy a warm climate year-round, while I have to deal with the snow & the cold half the year.	100				
5. She has a better life than me.	80				

Daily Mood Log* Page 2 of 2

6. She's probably fooled everyone into thinking she's this great person.	90				
--	----	--	--	--	--

Checklist of Cognitive Distortions*

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.

* Copyright © 1984 by David D. Burns, M.D. Revised 2003.