

Todd's Daily Mood Log* Page 1 of 2

Upsetting Event: 1976 living at home with my brother, mom & dad This night ended up being the last night my family lived together- it ended in fighting, yelling, screaming, domestic violence, parents drunk, bottles thrown, mom beaten, last night my dad had a drink.

Emotions	% Now	% Goal	% After	Emotions	% Now	% Goal	% After
Sad, down, unhappy	100			Embarrassed, foolish, humiliated, self-conscious	0		
worried, panicky, frightened	100			Hopeless	60		
remorseful, ashamed	90			defeated	60		
inadequate	80			resentful, annoyed, furious	90		
Lonely, unloved, rejected, alone	100			Other			

Negative Thoughts	% Now	% After	Distortions	Positive Thoughts	% Belief
1. I should have protected my mom from my father	100		should, AON, self-blame, ER		
2. I should not have hidden with my brother from my dad	100		should, ER, DP		
3. I should have come sooner to my parent's bedroom to see what was going on.	100		should, self-blame, ER, OG		
4. I should not have been afraid of my father	100		should, self-blame, AON, DP		
5. I'm derailing the group.	90		OG, AON, JC, MR, FT, SB		
6. I'm a knucklehead	60		LAB, DP, MAG, ER		
7. This is just another sob story.	100		OG, AON		
8. I was a frickin' coward.	100		Lab, Self-blame, ER, DP		

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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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