

## 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	100	80	Embarrassed, foolish, humiliated, self-conscious	0		
worried, panicky, frightened	100	10	5	Hopeless	60	5	3
remorseful, ashamed	90	5	2	defeated	60	5	0
inadequate	80	5	0	resentful, annoyed, furious	90	5	3
Lonely, unloved, rejected, alone	100	10	2	Other			

Negative Thoughts	% Now	% After	Distortions	Positive Thoughts	% Belief
1. I should have protected my mom from my father	100	5	should, AON, self-blame, ER	I did exactly the right thing. I did exactly what an 8 year old would do.	100
2. I should not have hidden with my brother from my dad	100	0	should, ER, DP	I had every right to feel scared and hide.	100
3. I should have come sooner to my parent's bedroom to see what was going on.	100	5	should, self-blame, ER, OG	I did exactly the right thing. I did exactly what an 8 year old would do.	100
4. I should not have been afraid of my father	100	5	should, self-blame, AON, DP	My dad is very scary and I did exactly what I should have done.	100
5. I'm derailing the group.	90	5	OG, AON, JC, MR, FT, SB	I may be derailing the group, but personal work is such an important part of our group.	100
6. I'm a knucklehead	60	0	LAB, DP, MAG, ER	I make mistakes and feel like a knucklehead at times, but that is ok.	100
7. This is just another sob story.	100	0	OG, AON	I don't know what others will think but personal work is an important part of this group.	100

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8. I was a frickin' coward.	100	5	Lab, Self-blame, ER, DP	I had every right to feel scared. I did exactly what any 8 year old would do.	100
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Checklist of Cognitive Distortions*	
<p>1. <b>All-or-Nothing Thinking.</b> You view things in absolute, black-and-white categories.</p>	<p>6. <b>Magnification and Minimization.</b> You blow things out of proportion or shrink them.</p>
<p>2. <b>Overgeneralization.</b> You view a negative event as a never-ending pattern of defeat: "This <i>always</i> happens!"</p>	<p>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."</p>
<p>3. <b>Mental Filter.</b> You dwell on the negatives and ignore the positives.</p>	<p>8. <b>Should Statements.</b> You use shoulds, shouldn'ts, musts, oughts, and have tos.</p>
<p>4. <b>Discounting the Positive.</b> You insist that your positive qualities don't count.</p>	<p>9. <b>Labeling.</b> Instead of saying, "I made a mistake," you say, "I'm a jerk" or "I'm a loser."</p>
<p>5. <b>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>10. <b>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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