

## Rose's Daily Mood Log\*

**Upsetting Event:** Phone call with mother on Saturday morning 5/22 9am and she's providing me updates on my father's oncology visit.

Emotions	% Before	% Goal	% After	Emotions	% Before	% Goal	% After
Sad, depressed, down, unhappy	100%	50-60	50%	Lonely, rejected	80%	10%	0%
Anxious worried, frightened	100%	30%	15%	Hopeless, discouraged, despairing pessimistic	90%	10%	0%
Guilty	80%	15%	5%	Defeated	70%	10%	2%
Defective	70%	10%	5%	Angry	80%	20%	0%

Negative Thoughts	%	%	Distortions	Positive	% Belief
1. He's going to die; we're running out of time.	100%	50%	None	We will all die eventually but I can still use these moments we have to be together.	100%
2. He's going to miss out on important moments with his grandchildren.	100%	50%	None	There will be painful moments but my children are blessed to have this relationship and many memories to look back on.	100%
3. The cancer will accelerate and spread, and we won't be able to stop it.	100%	50%	FT, MG, ER	The cancer may spread and accelerate but my father is trying any possible tx undergoing chemo & responding well to it.	100%
4. I can't take on more and have no space in my life to grieve.	90%	0%	AON, MF, DP, FT, ER	Grieving will be painful, it's something I don't want to face but am capable of. I'm finding ways to express this sadness and love openly.	100%
5. The chemo won't be helpful and will only get him sicker, it is too great of a risk.	100%	40%	MF, FT, MG	He is monitoring his symptoms and if the chemo causes too much harm he can stop. So far he's been pretty resilient and I'm grateful for that.	100%

### Rose's Daily Mood Log (cont'd)

Negative Thoughts	%	%	Distortions	Positive	% Belief
6. It's not fair that he's sick and may die at age 70yr.	100%	10%	SS, OB, ER	It is unfortunate he has this cancer at his age and when he passes he will be missed and loved by so many.	100%
7. I should be stronger and shouldn't fall apart when I get news like this.	90%	0%	SS, SB, DP	I need to grieve.. These reactions are normal, and it shows my love and care for him. I wouldn't give up our relationship.	100%
8. We will be alone, and my kids will grow up with one grandparent present in their life.	100%	20%	MF, ER	We will miss my father's presence. We can carry out his memory in our relationship with our children.	100%
9. I should have visited more and spent more time.	80%	15%	SS, ER	We are making a commitment to seeing my family more frequently to spend the quality time.	100%
10. My problems are not as great as others suffering and I should be grateful for the time I have.	80%	0%	SB, SS	Pain is pain and there are many people suffering losses right now, but it doesn't make mine any less significant to me.	100%

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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