

Jillian's Daily Mood Log *

Upsetting Event or Moment: Sunday evening, trying to get supper made, a patient just texted me with a question about CBD oil for pain. I was tearful, alone, and wishing I wasn't a doctor. I dread the rest of the evening and work the following week.

Emotions	% Now	% Goal	% After	Emotions	% Now	% Goal	% After
Sad, blue, down, unhappy	80	15	0	Embarrassed, foolish, humiliated, self-conscious	50	10	0
Anxious, nervous	90	20	0	Hopeless, discouraged, pessimistic, despairing	100	0	0
Bad	70	0	0	Frustrated, stuck, thwarted, defeated	90	5	0
Inferior, inadequate, incompetent	95	5	0	Angry, mad, resentful, annoyed, irritated, upset, furious	100	10	0

Negative Thoughts	% Now	% After	Distortions	Positive Thoughts	% Belief
1. I should love my job and be grateful for it.	100	5	SS SB MF DP	My job rocks and I'm good at it. I don't need any more certificates or degrees. I'm doing exactly what I need to be doing!	100
2. I will never like what I do.	90	0	FT OG AON MF DP	Not true. There are many things I like. I will never like them all, but I do enjoy caring for people!	100
3. If I shut off my phone after hours, patients will leave me.	100	0	FT MR OG SB	I can set boundaries. I can enjoy my life. If a patient leaves, it does not affect who I am.	100
4. I am such a wimp for leaving my last practice. I should love what I do now.	100	0	LAB SB SS DP MF ER	That job was brutal, and it was cruel. Leaving was the healthiest choice. Good for me for sticking up for myself!	100
5. Nothing I do makes a difference.	90	0	AON OG MF DP FT MAG SS SB	That is so not true. I make a difference in my husband's, kid's, friend's and patient 's lives. It doesn't have to be big. I can be a small fish!	100

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6. If I don't know how to do something, my patient will think I'm an idiot.	100	0	LAB ER MAG FT MR DP MF OB	I am not an idiot. I am actually quite responsible for knowing my limits and asking for help.	100
7. I have to be "cool," liked, and accepted.	100	2	SS ER MF MR	I am weird and different. I am me. Being liked and cool are just fallacies. I can just be me.	100
8. I don't know if I made the right career choice if I feel like this.	80	0	MF SS ER DP ft	Maybe there are things I could have done differently. This job has its perks. It's rewarding and it give me purpose.	100
9. I'm not having a big enough impact.	100	0	AON SS SB; MF DP	I have made a difference in the health of my patients. I would like to contribute more. I have resuscitated many babies. I have helped many people have a good death.	100
10. I'm not helping people enough.	100	0	MF DP SS SB ER AON MR	There is no "enough." Actually, I don't "have to" help anyone. This job is a privilege. I ca do my best to care for my patients, and provide my expertise, but I can't expect to have the answers for everyone.	100
11. I have to know all of the answers to be cool.	95	0	SS ER AON MR SB MAG LAB	I will never know all the answers. Many will be way smarter than I am, but I will always do my best with integrity.	100
12. I should be able to fix people who come to me with a problem.	100		SS AON SB ER		
13. My patients should do what I recommend in terms of a healthy lifestyle!	100		SS OB ER		