

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			Embarrassed, foolish, humiliated, self-conscious	50		
Anxious, nervous	90			Hopeless, discouraged, pessimistic, despairing	100		
Bad	70			Frustrated, stuck, thwarted, defeated	90		
Inferior, inadequate, incompetent	95			Angry, mad, resentful, annoyed, irritated, upset, furious	100		

Negative Thoughts	% Now	% After	Distortions	Positive Thoughts	% Belief
1. I should love my job and be grateful for it.	100		SS SB MF DP		
2. I will never like what I do.	90		FT OG AON MF DP		
3. If I shut off my phone after hours, patients will live me.	100		FT MR OG SB		
4. I am such a wimp for leaving my last practice. I should love what I do now.	100		LAB SB SS DP MF ER		
5. Nothing I do makes a difference.	90		AON OG MF DP FT MAG SS SB		

6. If I don't know how to do something, my patient will think I'm an idiot.	100		LAB ER MAG FT MR DP MF OB		
7. I have to be "cool," liked, and accepted.	100		SS ER MF MR		
8. I don't know if I made the right career choice if I feel like this.	80		MF SS ER DP ft		
9. I'm not having a big enough impact.	100		AON SS SB; MF DP		
10. I'm not helping people enough.	100		MF DP SS SB ER AON MR		
11. I have to have all of the answers to be cool.	95		SS ER AON MR SB MAG LAB		
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		