

## Daily Mood Log\*

Client Name: \_\_\_\_\_

Upsetting Event: \_\_\_\_\_

Emotions	% Before	% Goal	% After	Emotions	% Before	% Goal	% After
Sad <input type="checkbox"/> blue <input type="checkbox"/> depressed <input type="checkbox"/> down <input type="checkbox"/> unhappy <input type="checkbox"/>				Embarrassed <input type="checkbox"/> foolish <input type="checkbox"/> humiliated <input type="checkbox"/> self-conscious <input type="checkbox"/>			
Anxious <input type="checkbox"/> worried <input type="checkbox"/> panicky <input type="checkbox"/> nervous <input type="checkbox"/> frightened <input type="checkbox"/>				Hopeless <input type="checkbox"/> discouraged <input type="checkbox"/> pessimistic <input type="checkbox"/> despairing <input type="checkbox"/>			
Guilty <input type="checkbox"/> remorseful <input type="checkbox"/> bad <input type="checkbox"/> ashamed <input type="checkbox"/>				Frustrated <input type="checkbox"/> stuck <input type="checkbox"/> thwarted <input type="checkbox"/> defeated <input type="checkbox"/>			
Inferior <input type="checkbox"/> worthless <input type="checkbox"/> inadequate <input type="checkbox"/> defective <input type="checkbox"/> incompetent <input type="checkbox"/>				Angry <input type="checkbox"/> mad <input type="checkbox"/> resentful <input type="checkbox"/> annoyed <input type="checkbox"/> irritated <input type="checkbox"/> upset <input type="checkbox"/>			
Lonely <input type="checkbox"/> unloved <input type="checkbox"/> unwanted <input type="checkbox"/> rejected <input type="checkbox"/> alone <input type="checkbox"/> abandoned <input type="checkbox"/>				Other _____			

Negative Thoughts	% Before	% After	Distortions	Positive Thoughts	% Belief
1. _____					
2. _____					
3. _____					
4. _____					
5. _____					

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### Daily Mood Log (cont'd)

Negative Thoughts	% Before	% After	Distortions	Positive Thoughts	% Belief
6.					
7.					
8.					
9.					
10.					

#### Checklist of Cognitive Distortions \*

<b>1. All-or-Nothing Thinking.</b> You view things in absolute, black-and-white categories.	<b>6. Magnification and Minimization.</b> You blow things out of proportion or shrink them.
<b>2. Overgeneralization.</b> You view a negative event as a never-ending pattern of defeat: "This <i>always</i> happens!"	<b>7. Emotional Reasoning.</b> You reason from your feelings: "I <i>feel</i> like an idiot, so I must really <i>be</i> one."
<b>3. Mental Filter.</b> You dwell on the negatives and ignore the positives.	<b>8. Should Statements.</b> You use shoulds, shouldn'ts, musts, oughts, and have tos.
<b>4. Discounting the Positive.</b> You insist that your positive qualities don't count.	<b>9. Labeling.</b> Instead of saying, "I made a mistake," you say, "I'm a jerk" or "I'm a loser."
<b>5. 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>	<b>10. 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>