

Carly

Daily Mood Log*



Having an ectopic pregnancy and not ovulating regularly due to PCOS

Upsetting Event:

Emotions	% Before	% Goal	% After	Emotions	% Before	% Goal	% After
Sad <input checked="" type="checkbox"/> blue <input checked="" type="checkbox"/> depressed <input checked="" type="checkbox"/> down <input checked="" type="checkbox"/> unhappy <input checked="" type="checkbox"/>	90	60	10	Embarrassed <input type="checkbox"/> foolish <input type="checkbox"/> humiliated <input type="checkbox"/> self-conscious <input type="checkbox"/>	0	0	0
Anxious <input checked="" type="checkbox"/> worried <input checked="" type="checkbox"/> panicky <input type="checkbox"/> nervous <input checked="" type="checkbox"/> frightened <input type="checkbox"/>	85	30	0	Hopeless <input type="checkbox"/> discouraged <input checked="" type="checkbox"/> pessimistic <input checked="" type="checkbox"/> despairing <input type="checkbox"/>	75	20	0
Guilty <input checked="" type="checkbox"/> remorseful <input type="checkbox"/> bad <input type="checkbox"/> ashamed <input type="checkbox"/>	15	0	0	Frustrated <input checked="" type="checkbox"/> stuck <input checked="" type="checkbox"/> thwarted <input type="checkbox"/> defeated <input type="checkbox"/>	75	40	5
Inferior <input type="checkbox"/> worthless <input type="checkbox"/> inadequate <input checked="" type="checkbox"/> defective <input checked="" type="checkbox"/> incompetent <input type="checkbox"/>	50	10	0	Angry <input checked="" type="checkbox"/> mad <input type="checkbox"/> resentful <input type="checkbox"/> annoyed <input checked="" type="checkbox"/> irritated <input type="checkbox"/> upset <input checked="" type="checkbox"/>	85	60	0
Lonely <input checked="" type="checkbox"/> unloved <input checked="" type="checkbox"/> unwanted <input type="checkbox"/> rejected <input type="checkbox"/> alone <input checked="" type="checkbox"/> abandoned <input type="checkbox"/>	90	10	0	Other			

Negative Thoughts	% Before	% After	Distortions	Positive Thoughts	% Belief
1. I'm never going to get pregnant again.	80	0	AON, OG, MF, DTP, FT, MM, ER, SS, LAB	That's not true. I got pregnant again and even if I have another ectopic, I can remove my tube and do IVF.	100
2. I'm going to have another ectopic pregnancy and be infertile.	70	0	AON, OG, MF, DTP, FT, MM, ER, SS, LAB	Yes, this might happen but, infertile or not, I will have children one day.	100
3. This only happens in 1% of pregnancies but of course it would happen to me (because there's something wrong with me).	100	0	AON, OG, MF, DTP, FT, MM, ER, SS, LAB	There's nothing globally wrong with me. I've just had a lot of health problems outside of my control. There might be things wrong with my body, but not me.	100
4. I'm never going to feel fulfilled in life (without children).	75	0	AON, OG, MF, DTP, FT, MM, ER, SS	Family is the most important thing to me, and it is my main focus. I'll find a way to make it happen, even if it's hard. There's just no way it'll never happen.	100
5. This wouldn't have happened if I didn't date XX.	95	30	MF, DTP, SS, SB, OB	That might be true but it isn't helpful for me to dwell on something that happened in the past that was outside my control.	100

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Daily Mood Log (cont'd)

Negative Thoughts	% Before	% After	Distortions	Positive Thoughts	% Belief
6. I shouldn't have gotten the vaccine when I did.	50	0	MF, DTP, FT, MM, ER, SS, SB, OB	There is no possible way a vaccine could cause an ectopic pregnancy.	100
7. There's always something wrong with me.	70	10	AON, OG, MF, DTP, FT, MM, ER, SS, LAB, SB	Yes, I have had a lot of health problems in my life but that has made me who I am, given me tremendous empathy for others, and allowed me to help people.	100
8. We won't be able to afford fertility treatment.	80	0	AON, OG, MF, DTP, FT, MM, ER, SS, SB, OB	If it's needed, we will find a way to make it happen and are lucky to have the support of family members.	100
9. Nobody really cares about what happened to me.	70	0	AON, OG, MF, DTP, MM, ER, SS, SB, OB	Everybody cares. They just don't know what to say because this is hard and sad. If I want to talk about it, I can bring it up.	100
10. I'm all alone in this.	90	0	AON, OG, MF, DTP, MM, ER, SS, OB	This is just not true. I might feel alone sometimes, but I have an amazing support system and can change how I communicate with them to feel less alone.	100

Checklist of Cognitive Distortions *

1. All-or-Nothing Thinking. You view things in absolute, black-and-white categories.	6. Magnification and Minimization. You blow things out of proportion or shrink them.
2. Overgeneralization. You view a negative event as a never-ending pattern of defeat: "This <i>always</i> happens!"	7. Emotional Reasoning. You reason from your feelings: "I <i>feel</i> like an idiot, so I must really <i>be</i> one."
3. Mental Filter. You dwell on the negatives and ignore the positives.	8. Should Statements. You use shoulds, shouldn'ts, musts, oughts, and have tos.
4. Discounting the Positive. You insist that your positive qualities don't count.	9. Labeling. Instead of saying, "I made a mistake," you say, "I'm a jerk" or "I'm a loser."
5. Jumping to Conclusions. You jump to conclusions not warranted by the facts. <ul style="list-style-type: none"> • Mind-Reading. You assume that people are reacting negatively to you. • Fortune-Telling. You predict that things will turn out badly. 	10. Blame. You find fault instead of solving the problem. <ul style="list-style-type: none"> • Self-Blame. You blame yourself for something you weren't entirely responsible for. • Other-Blame. You blame others and overlook ways you contributed to the problem.