

## Daily Mood Log \*

Upsetting Event: Your linguistic skills are inadequate

Emotions	% Before	% Goal	% After	Emotions	% Before	% Goal	% After
<del>Sad</del> , blue, depressed, down, unhappy	67	10		<del>Embarrassed</del> , foolish, <del>humiliated</del> , <del>self-conscious</del>	100	20	
<del>Anxious</del> , worried, panicky, nervous, frightened	87	12		<del>Hopeless</del> , discouraged, pessimistic, despairing	80	10	
<del>Guilty</del> , remorseful, bad, ashamed	90	7		<del>Frustrated</del> , stuck, thwarted, <del>defeated</del>	85	12	
<del>Inferior</del> , worthless, inadequate, defective, incompetent	95	7		<del>Angry</del> , mad, resentful, annoyed, irritated, upset, furious	90	7	
<del>Lonely</del> , unloved, unwanted, <del>rejected</del> , alone, abandoned	80	10		Other			

Negative Thoughts	% Before	% After	Distortions	Positive Thoughts	% Belief
1. I should know better as an educated person	80		Ovg, MF, DP, MR, FT, M&M, ER, self directed-should, SB		
2. I am not smart enough to learn the adequacies of the language	70		Ovg, MF, DP, M&M, ER, hidden should, SB		
3. My clients will think I am a clueless fraud	75		AON, Ovg, MF, DP, MR, FT, M&M, LB, SB		
4. I cannot do my job properly	50		AON, Ovg, MF, DP, FT, M&M, ER, Hidden should		
5. Your writing is an embarrassment	87		AON, Ovg, MF, DP, M&M, ER, SB		

### Daily Mood Log Continuation Sheet (cont'd)

Negative Thoughts	% Belief before	% Belief after	Distortions	Positive Thoughts	% Belief
6. I am never going to get it right	65		AON, Ovg, MF, DP, FT, M&M, hidden should, SB		
7. I am getting older and this is as good as it gets	75		Ovg, MF, DP, FT, M&M, SB		
8. I should try harder	80		Ovg, MF, DP, M&M, self-directed should, SB		
9. I am not good enough	75		AON, Ovg, MF, DP, FT, M&M, ER, hidden should, SB		

#### Checklist of Cognitive Distortions \*

1. <b>All-or-Nothing Thinking.</b> You look at things in absolute, black-and-white categories.	6. <b>Magnification or Minimization.</b> You blow things way out of proportion or shrink them.
2. <b>Overgeneralization.</b> You view a single negative event as a never-ending pattern of defeat.	7. <b>Emotional Reasoning.</b> You reason from your feelings: "I <i>feel</i> like an idiot, so I must <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 Positives.</b> You insist your positive qualities don't count.	9. <b>Labeling.</b> Instead of saying, "I made a mistake," you tell yourself, "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>Self-Blame and Other-Blame.</b> <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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