

## Daily Mood Log\*

Client Name:

Upsetting Event:

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

1. <b>All-or-Nothing Thinking.</b> You view things in absolute, black-and-white categories.	6. <b>Magnification and Minimization.</b> You blow things out of proportion or shrink them.
2. <b>Overgeneralization.</b> You view a negative event as a never-ending pattern of defeat: "This <i>always</i> happens!"	7. <b>Emotional Reasoning.</b> You reason from your feelings: "I <i>feel</i> like an idiot, so I must really <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 the Positive.</b> You insist that your positive qualities don't count.	9. <b>Labeling.</b> Instead of saying, "I made a mistake," you say, "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>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>

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