

Daily Mood Log* Addition

Negative Thoughts	% Now	% After	Distortions	Positive Thoughts	% Belief
I will lose all respect of my family and coworkers.	70	0	FT; MR; DP; ER; SB; AON	My wife and kids are raised to value qualities other than money. And they do. They are principled in it. And I can be proud of that. They respect me for many other reasons and even my financially very successful adult son calls me his "bohater" which in Polish means a hero. As for my coworkers, they know that I developed our psychosocial oncology program from scratch to be the best in Southern California. And we go to new heights each year. We are serving our community and our community genuinely loves us for that.	100
I am a burden for my wife Aleksandra.	70	0	LAB; MR; HIDDEN SS; ER; SB; AON	Periodically, we lean on each other as it is in good marriages. And hopefully, the most trying times are behind us.	100
I miss life in my life.	100	0	SH; SB	That is so dramatic, full of BS, and only convincing when I am hypnotized by it. What am I living if that is not life? I am so privileged and have full life with loving wife and kids, fun vacations, passion for work. And yes, when I get overworked it seems lonely and dark but I need to remind myself my favorite quote from Alan Watts "The meaning of life is just to be alive. It is so plain and so obvious and so simple. And yet, everybody rushes around in a great panic as if it were necessary	100