

Example Mood Log

Daily Mood Log*

Upsetting Event: Telephone call from a church member offering condolences after my ex-mother in law died.

| Emotions | % Before | % After | Emotions | % Before | % After |
|---|----------|---------|---|----------|---------|
| Sad, blue, depressed, down, unhappy | 50% | | Embarrassed, foolish, humiliated, self-conscious | 100% | |
| Anxious, worried, panicky, nervous, frightened | 100% | | Hopeless, discouraged, pessimistic, despairing | 25% | |
| Guilty, remorseful, bad, ashamed | 100% | | Frustrated, stuck, thwarted, defeated | 80% | |
| Inferior, worthless, inadequate, defective, incompetent | 95% | | Angry, mad, resentful, annoyed, irritated, upset, furious | 75% | |
| Lonely, unloved, unwanted, rejected, alone, abandoned | -- | | Other | | |

| Negative Thoughts | % Before | % After | Distortions | Positive Thoughts | % Belief |
|--|----------|---------|---|---|------------------------------|
| 1. I'm a failure. | 100% | | | | |
| 2. She'll tell other people who will judge me. | 100% | 35% | AON; OG; MF; DP; MR; FT; MAG; ER; SB | Some people may judge me. Most people will see the beautiful parts of my personality. Those who judge me will make themselves look bad. | 100% 100% 100% |
| 3. I'm defective. | 85% | | | | |
| 4. I can't maintain a relationship. | 95% | | | | |
| 5. People will think that men dump me.. | 65% | | | | |
| 6. People will laugh at me. | 100% | | | | |
| 7. My reputation will be tarnished. | 85% | | | | |
| 8. People will wonder how I can help troubled couples when I keep running away from relationship problems. | 95% | | | | |

Melanie's Daily Mood Log (cont'd)

| Negative Thoughts | % Before | % After | Distortions | Positive Thoughts | % Belief |
|--|----------|---------|-------------|-------------------|----------|
| 9. My children will be humiliated at my funeral. | 90% | | | | |
| 10. People will think I deserve to be punished. | 95% | | | | |
| 11. David, Jill, and Angela (my therapists) may be feeling shocked and holding back. | 75% | | | | |
| 12. That would mean the problem may be even worse—it would mean I really am defective. | 100% | | | | |
| 13. That would mean they're judgmental phonies. | 100% | | | | |
| 14. I might be abandoned. | 100% | | | | |
| 15. It's only safe to share my failures with others who've had failed marriages. | 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. |

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