

Daily Mood Log*

Situation or Event: _____

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

Negative Thoughts	% Belief before	% Belief after	Distortions	Positive Thoughts	% Belief
1.				1.	
2.				2.	
3.				3.	
4.				4.	

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Daily Mood Log (cont'd)

Negative Thoughts	% Belief before	% Belief after	Distortions	Positive Thoughts	% Belief
5.				5.	
6.				6.	
7.				7.	
8.				8.	

Checklist of Cognitive Distortions *

1. All-or-Nothing Thinking. You look at things in absolute, black-and-white categories.	6. Magnification or Minimization. You blow things way out of proportion or shrink them.
2. Overgeneralization. You view a single negative event as a never-ending pattern of defeat.	7. Emotional Reasoning. You reason from your feelings: "I feel like an idiot, so I must be 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."

David Burns Daily Mood Log

IM Harris



David Burns Daily Mood Log:

This book delves into David Burns Daily Mood Log. David Burns Daily Mood Log is a crucial topic that must be grasped by everyone, ranging from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into David Burns Daily Mood Log, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:
 - Chapter 1: Introduction to David Burns Daily Mood Log
 - Chapter 2: Essential Elements of David Burns Daily Mood Log
 - Chapter 3: David Burns Daily Mood Log in Everyday Life
 - Chapter 4: David Burns Daily Mood Log in Specific Contexts
 - Chapter 5: Conclusion
 2. In chapter 1, the author will provide an overview of David Burns Daily Mood Log. The first chapter will explore what David Burns Daily Mood Log is, why David Burns Daily Mood Log is vital, and how to effectively learn about David Burns Daily Mood Log.
 3. In chapter 2, the author will delve into the foundational concepts of David Burns Daily Mood Log. This chapter will elucidate the essential principles that need to be understood to grasp David Burns Daily Mood Log in its entirety.
 4. In chapter 3, the author will examine the practical applications of David Burns Daily Mood Log in daily life. The third chapter will showcase real-world examples of how David Burns Daily Mood Log can be effectively utilized in everyday scenarios.
 5. In chapter 4, this book will scrutinize the relevance of David Burns Daily Mood Log in specific contexts. The fourth chapter will explore how David Burns Daily Mood Log is applied in specialized fields, such as education, business, and technology.
 6. In chapter 5, the author will draw a conclusion about David Burns Daily Mood Log. This chapter will summarize the key points that have been discussed throughout the book.
- The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of David Burns Daily Mood Log.

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