THE DAILY MOOD LOG*

STEP ONE: DESCRIBE THE UPSETTING EVENT

STEP TWO: RECORD YOUR NEGATIVE FEELINGS—and rate each one from 0 (the least) to 100 (the most). Use words like sad, anxious, angry, guilty, lonely, hopeless, frustrated, etc.

<table>
<thead>
<tr>
<th>Emotion</th>
<th>Rating</th>
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<th>Emotion</th>
<th>Rating</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td></td>
<td>3.</td>
<td></td>
<td>5.</td>
<td></td>
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<tr>
<td>2.</td>
<td></td>
<td>4.</td>
<td></td>
<td>6.</td>
<td></td>
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</tbody>
</table>

STEP THREE: THE TRIPLE-COLUMN TECHNIQUE—

<table>
<thead>
<tr>
<th>Automatic Thoughts</th>
<th>Distortions</th>
<th>Rational Responses</th>
</tr>
</thead>
<tbody>
<tr>
<td>Write your negative thoughts and estimate your belief in each one (0–100).</td>
<td>Identify the distortions in each Automatic Thought.</td>
<td>Substitute more realistic thoughts and estimate your belief in each one (0–100).</td>
</tr>
</tbody>
</table>

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### THE DAILY MOOD LOG* (continued)

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**STEP FOUR: OUTCOME**—Re-rate your belief in each Automatic Thought from 0 to 100 and put a check in the box that describes how you now feel:

- [ ] not at all better
- [ ] somewhat better
- [ ] quite a bit better
- [ ] a lot better

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**CHECKLIST OF COGNITIVE DISTORTIONS***

1. All-or-nothing thinking: You look at things in absolute, black-and-white categories.
2. Overgeneralization: You view a negative event as a never-ending pattern of defeat.
3. Mental filter: You dwell on the negatives and ignore the positives.
4. Discounting the positives: You insist that your accomplishments or positive qualities “don’t count.”
5. Jumping to conclusions: (A) Mind reading—you assume that people are reacting negatively to you when there’s no definite evidence for this; (B) Fortune-telling—you arbitrarily predict that things will turn out badly.
6. Magnification or minimization: You blow things way up or out of proportion or you shrink their importance inappropriately.
7. Emotional reasoning: You reason from how you feel: “I feel like an idiot, so I really must be one.” Or “I don’t feel like doing this, so I’ll put it off.”
8. “Should statements”: You criticize yourself or other people with “shoulds” or “shouldn’ts.” “Musts,” “oughts,” and “have to’s” are similar offenders.
9. Labeling: You identify with your shortcomings. Instead of saying “I made a mistake,” you tell yourself, “I’m a jerk,” or “a fool,” or “a loser.”
10. Personalization and blame: You blame yourself for something you weren’t entirely responsible for, or you blame other people and overlook ways that your own attitudes and behavior might contribute to a problem.

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