

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.

Emotion	Rating	Emotion	Rating	Emotion	Rating
1.		3.		5.	
2.		4.		6.	

STEP THREE: THE TRIPLE-COLUMN TECHNIQUE—

Automatic Thoughts	Distortions	Rational Responses
Write your negative thoughts and estimate your belief in each one (0–100).	Identify the distortions in each Automatic Thought.	Substitute more realistic thoughts and estimate your belief in each one (0–100).

(Continue on next page)

THE DAILY MOOD LOG* (continued)

Automatic Thoughts	Distortions	Rational Responses

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

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 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 tos" 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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