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By David Burns, MD A
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Daily Mood Log I

Feeling Good

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Daily Mood Log* Page

2 of 2 Negative

Thoughts % Now %

After Distortions

Positive Thoughts %

Belief 6. I've negatively
affected his life. 100

AON; MF; SB; DP 7.

He must wish he had a
different father. 95 MR

8. I should not have
become a father because
of all my deficits. 95

SH; SB 9. His problems

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are all my fault. 95
Daily Mood Log

AON; SB; ER 10. I'm
not doing a good
enough job in this
demonstration to ...

Daily Mood Log* - The
website of David D.
Burns, MD You ...

Daily Mood Log*
Upsetting Event: Last
night worrying and
crying before falling
asleep. Emotions %

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Now % Goal % After

Emotions % Now %

Goal % After Sad, blue,
depressed, down,
unhappy 100

Embarrassed, foolish,
humiliated, self-

conscious 0 Anxious,
worried, panicky,

nervous, frightened 100

Hopeless, despairing 90

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website of David D.

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Burns, MD You owe ...

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Daily Mood Journal - Feeling Good

Daily Mood Log*

Upsetting Event: After
dinner at a friend's
house, my friend turned
her back to me and
didn't include me in the
conversation. I got up

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Daily Mood Log

Now % Goal % After

Emotions % Now %

Goal % After Sad, blue,
depressed, down,

unhappy 95

Embarrassed, foolish,
humiliated, self-

conscious 100 Anxious,
worried, panicky,

nervous, frightened 90

Hopeless, discouraged

...

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Daily Mood Log* - Log

Brief Therapy

Conference 2018

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,

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Lonely, hopeless, Log

frustrated, etc. Emotion

Rating Emotion Rating

Emotion Rating STEP

THREE: THE TRIPLE-

COLUMN

TECHNIQUE—

Automatic Thoughts

Write your negative

thoughts and esti- mate

your ...

The Center for Artistic

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Upsetting Situation: Log

Call from a church
member offering
condolences. Emotions
% Before % Goal %
After Emotions %
Before \$ Goal % After
Sad, down, depressed
50% 0% Embarrassed,
foolish, humiliated
100% 30% Anxious,
worried, panicky,
nervous 100% 40%
Hopeless, discouragement

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25% 0% Guilty, Log

ashamed 100% 30%

Frustrated, stuck,

thwarted 80% 0%

Inadequate, defective,

incompetent 95% 10%

...

Feeling Great— High-

Speed Cognitive

Therapy

It is your no question

own epoch to show

reviewing habit. along

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Journal* Page 1 of 2

Upsetting Event David

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Daily Mood Log*
Situation or Event:
Emotions % Before %
After Emotions %
Before % After
Sad,blue, depressed,
down,
unhappyHopeless,

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discouraged, Daily Mood Log

pessimistic, despairing

Anxious, worried,

panicky, nervous,

frightened Frustrated,

stuck, thwarted,

defeated Guilty,

remorseful, bad,

ashamed Angry, mad,

resentful, annoyed,

irritated, upset, furious

Daily Mood Log* -

James Stolz

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suffered with

depression, anxiety and

anger for as long as I

can remember. Feeling

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Marilyn's Daily Mood
Log, page 2* 8. I've
been duped by religions.
100 9. I don't want to
have cancer. 100 10.
I'm defective because I

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Have never had and will never have a life partner. 100 11. I'm not as spiritual as others. 100 12. I may be a burden to others. 100 13. I may suffer with physical pain. 100 14. There may be no life after death. 100 15. I'm not spiritual enough. 100 ...

Marilyn's Daily Mood

Page 25/32

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Log* Daily Mood Log

This daily mood chart is designed to help the patient identify their affecting emotion, other emotions, and their reaction to their environment. The patient is first asked to record the time they initially felt the affecting emotion. Then the patient records the affecting emotion, other

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emotions they are
feeling (which will help
with understanding
primary and secondary
emotions and how they
...

Daily Mood Chart

Worksheet | PsychPoint

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4th, 2018 - david burns

daily mood log daily

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mood log feeling good
posts about daily mood
log written by dr burns
part 4— a paradoxical
agenda setting pas contd
as the session continues
jill and david 3 / 7 ' 'all
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