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David Burns Daily Mood Log

By David Burns, MD A One-Day Workshop on November 13, 2020
8:30 AM to 4:45 PM Eastern
Time: 7 CE Credits Sponsored by
J&K Seminars, Lancaster, PA.
Feeling Great: A New, High-Speed
Treatment for Depression. By
David Burns, MD A One-Day
Workshop on November 20, 2020

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Time: 8:00 AM to 4:00 PM (West Coast Time) 6 CE credits

Daily Mood Log | Feeling Good

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 are all my fault. 95 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

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before falling asleep. Emotions %
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

Daily Mood Log - The website of
David D. 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 and left.

Emotions % 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 ...

Daily Mood Log* - Brief Therapy Conference 2018

THE DAILY MOOD LOG* STEP

ONE: DESCRIBE THE

UPSETTING EVENT STEP TWO:

RECORD YOUR NEGATIVE

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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

STEP THREE: THE TRIPLE-COLUMN TECHNIQUE— Automatic Thoughts Write your negative thoughts and esti- mate your ...

[The Center for Artistic Activism](#)

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Daily Mood Log Upsetting

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Situation: 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, discourage 25%
0% Guilty, ashamed 100% 30%
Frustrated, stuck, thwarted 80%
0% Inadequate, defective,
incompetent 95% 10% ...

Feeling Great— High-Speed Cognitive Therapy

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Daily Mood Log* - Brief Therapy
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Journal* Page 1 of 2 Upsetting
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Marilyn ' s Daily ...

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Daily Mood Log* Situation or
Event: Emotions % Before % After
Emotions % Before % After
Sad,blue, depressed, down,
unhappyHopeless, discouraged,
pessimistic, despairing Anxious,
worried, panicky, nervous,
frightenedFrustrated, stuck,
thwarted, defeated Guilty,
remorseful, bad,
ashamedAngry,mad, resentful,
annoyed, irritated, upset, furious

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Therapy â € by chance in a book
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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 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 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.

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Then the patient records the affecting emotion, other 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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