

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		
Guilty, 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."

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The Opposite of Depression David M Carreon MD, David M. Carreon, 2024 Stanford trained psychiatrist David Carreon MD reveals what it takes to move from nagging disappointment dissatisfaction or depression to a life of thriving One of the pioneers of the use of an intense form of transcranial magnetic stimulation TMS in severely depressed patients Dr Carreon was astonished by how quickly and dramatically most of them recovered [The Feeling Good Handbook](#) David D. Burns, 1999-05-01 From the author of the national bestseller Feeling Good The New Mood Therapy comes a guide to mental wellness that helps you get beyond depression and anxiety and make life an exhilarating experience With his phenomenally successful Feeling Good The New Mood Therapy Dr David Burns introduced a groundbreaking drug free treatment for depression In this bestselling companion he reveals powerful new techniques and provides step by step exercises that help you cope with the full range of everyday problems Free yourself from fears phobias and panic attacks Overcome self defeating attitudes Discover the five secrets of intimate communication Put an end to marital conflict Conquer procrastination and unleash your potential for success With everything you need to know about commonly prescribed psychiatric drugs and anxiety disorders such as agoraphobia and obsessive compulsive disorder this remarkable guide can show you how to feel good about yourself and the people you care about You will discover that life can be an exhilarating experience A wonderful achievement the best in its class M Anthony Bates clinical psychologist at Penn Presbyterian Medical Center in Philadelphia Clear systematic forceful Albert Ellis PhD president of the Albert Ellis Institute **The Feeling Good Handbook** David D. Burns, 1989 Filled with charts quizzes weekly self assessment tests and a daily mood log The Feeling Good Handbook actively engages its readers in their own recovery A wonderful achievement M Anthony Bates clinical psychologist Presbyterian Medical Center Philadelphia [Ten Days to Self-Esteem](#) David D. Burns, M.D., 2012-11-20 In Ten Days to Self Esteem Dr David Burns presents innovative clear and compassionate methods that have helped hundreds of thousands of people identify the causes of their mood slumps and develop a more positive outlook on life Do you wake up dreading the day Do you feel discouraged with what you've accomplished in life Do you want greater self esteem productivity and joy in daily living If so you will benefit from this revolutionary way of brightening your mood without drugs or lengthy therapy All you need is your own common sense and the easy to follow methods revealed in this book presented by one of the country's foremost authorities on mood and personal relationship problems You will learn that You feel the way you think Negative feelings like guilt anger and depression do not result from the bad things that happen to you but from the way you think about these events This simple but revolutionary idea will change your life You can change the way you feel You will discover why you get depressed and learn how to brighten your outlook when you're in a slump You can enjoy your life Discover the secrets to greater happiness productivity and intimacy Can a self help book do all this Studies show that two thirds of depressed students of Dr Burns's methods experienced dramatic relief in just four weeks without psychotherapy or

antidepressant medications Three year follow up studies revealed that readers did not relapse but continued to enjoy their positive outlook Ten Days to Self Esteem offers powerful new tools that provide hope and healing in ten easy steps The methods are not difficult to apply And research shows that they really work Feeling good feels wonderful and you owe it to yourself to feel good Intimate Connections David D. Burns, 1985-11-05 In this breakthrough book Dr David Burns M D author of the bestselling Feeling Good applies the proven principles of Cognitive Therapy to eliminating the negative thinking and low self esteem that causes loneliness and shyness With sensible and sensitive advice case histories and revealing exercises this step by step program shows you how to Pinpoint and rid yourself of attitudes that keep you apart from others Master the techniques that make you feel and look more attractive Deal with people who give you the runaround Resist romantic temptations not in your best interest Release inhibitions to conquer performance anxiety and enhance sexual pleasure Develop fulfilling relationships and more Revelatory Burns understands on a gut level The Chicago Tribune

When Panic Attacks David D. Burns, M.D., 2006-05-09 The truth is that you can defeat your fears The author of the four million copy bestselling Feeling Good offers 40 simple effective CBT based techniques to overcome every conceivable kind of anxiety without medication Few truly great books on psychotherapy have been published and this is one of them Albert Ellis Ph D founder of the Albert Ellis Institute and bestselling author of A Guide to Rational Living We all know what it s like to feel anxious worried or panicky What you may not realize is that these fears are almost never based on reality When you re anxious you re actually fooling yourself telling yourself things that simply aren t true See if you can recognize yourself in any of these distortions All or Nothing Thinking My mind will go blank when I give my presentation at work and everyone will think I m an idiot Fortune Telling I just know I ll freeze up and blow it when I take my test Mind Reading Everyone at this party can see how nervous I am Magnification Flying is so dangerous I think this plane is going to crash Should Statements I shouldn t be so anxious and insecure Other people don t feel this way Self Blame What s wrong with me I m such a loser Mental Filter Why can t I get anything done My life seems like one long procrastination Using techniques from cognitive behavioral therapy CBT which focuses on practical solution based methods for understanding and overcoming negative thoughts and emotions When Panic Attacks gives you the ammunition to quickly defeat every conceivable kind of anxiety such as chronic worrying shyness public speaking anxiety test anxiety and phobias without lengthy therapy or prescription drugs With forty fast acting techniques that have been shown to be more effective than medications When Panic Attacks is an indispensable handbook for anyone who s worried sick and sick of worrying Feeling Good David D. Burns, M.D., 2012-11-20 National Bestseller More than five million copies sold worldwide From renowned psychiatrist Dr David D Burns the revolutionary volume that popularized Dr Aaron T Beck s cognitive behavioral therapy CBT and has helped millions combat feelings of depression and develop greater self esteem Anxiety and depression are the most common mental illnesses in the world affecting 18% of the U S population every year But for many the path to recovery seems daunting endless or

completely out of reach The good news is that anxiety guilt pessimism procrastination low self esteem and other black holes of depression can be alleviated In *Feeling Good* eminent psychiatrist David D Burns M D outlines the remarkable scientifically proven techniques that will immediately lift your spirits and help you develop a positive outlook on life enabling you to nip negative feelings in the bud Recognize what causes your mood swings Deal with guilt Handle hostility and criticism Overcome addiction to love and approval Build self esteem Feel good every day This groundbreaking life changing book has helped millions overcome negative thoughts and discover joy in their daily lives You owe it to yourself to FEEL GOOD I would personally evaluate David Burns *Feeling Good* as one of the most significant books to come out of the last third of the Twentieth Century Dr David F Maas Professor of English Ambassador University *Mood Tracker Diary* Avis J. Williams, 2019-09-18 This mood tracker notebook can be used for writing your thoughts and feelings on a daily basis to help build your self awareness When you start actively observing and understanding what triggers your emotions you be able to identify areas in your day to day life that you need to make changes on This mood diary is perfect for individuals that has depression anxiety mood disorders or other mental health concerns This mood tracking journal is also great for mental health counselor therapists and psychologists to give to their patients Also good for family friends and for loved ones that need to be aware of their thoughts and emotions The Book Contains 118 mood tracking pages on white paper Matte paperback cover Size at 8 5 x 11 in 215 9 x 279 4 mm **Mood Tracker Journal** Creative Minds Publishing, 2019-09-03 This Mood Tracker Journal is a perfect daily companion on the journey to become the best version of yourself You will love it It is cute simple clear easy to use and very organized It s far more than just a planner When you start actively observing and understanding the invisible parts of yourself your emotions you ll equip yourself with the tools to make visible changes in your day to day life

Mood Tracker Notebook Creative Minds Publishing, 2019-07-28 This Mood Tracker Journal is a perfect daily companion on the journey to become the best version of yourself You will love it It is cute simple clear easy to use and very organized It s far more than just a planner When you start actively observing and understanding the invisible parts of yourself your emotions you ll equip yourself with the tools to make visible changes in your day to day life *Summary of David D. Burns's Ten Days to Self-Esteem* Everest Media, 2022-05-28T22:59:00Z Please note This is a companion version not the original book Sample Book Insights 1 After you introduce yourself ask the group members to introduce themselves and describe briefly what they do and how they learned about the program Then ask them about their goals for Ten Days to Self esteem They should develop greater self confidence and better personal relationships overcome depression or learn to be more productive and less perfectionistic 2 therapists should be open to criticism and willing to change their practices based on the feedback they receive from their clients The therapist should explain the group s administrative procedures including the fees and the Deposit System 3 The participants should bring Ten Days to Self esteem to each session They should read each step and do as many of the exercises as possible before the session They should report their total scores to you at the beginning of each

session 4 The Burns Anxiety Inventory the Burns Depression Checklist and the Relationship Satisfaction Scale can be used to measure the progress of clients throughout therapy They are well received by clients and statistical analysis confirms they are surprisingly accurate

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The Feeling Good Handbook David D. Burns,2020-12-29 From the author of the national bestseller Feeling Good The New Mood Therapy comes a guide to mental wellness that helps you get beyond depression and anxiety and make life an exhilarating experience With his phenomenally successful Feeling Good The New Mood Therapy Dr David Burns introduced a groundbreaking drug free treatment for depression In this bestselling companion he reveals powerful new techniques and provides step by step exercises that help you cope with the full range of everyday problems Free yourself from fears phobias and panic attacks Overcome self defeating attitudes Discover the five secrets of intimate communication Put an end to marital conflict Conquer procrastination and unleash your potential for success With everything you need to know about commonly prescribed psychiatric drugs and anxiety disorders such as agoraphobia and obsessive compulsive disorder this remarkable guide can show you how to feel good about yourself and the people you care about You will discover that life can be an exhilarating experience A wonderful achievement the best in its class M Anthony Bates clinical psychologist at Penn Presbyterian Medical Center in Philadelphia Clear systematic forceful Albert Ellis PhD president of the Albert Ellis Institute

Daily Mood Tracker Danielle Glover,2021-05-12 You can Track Your Mood Daily Examine the change in your emotions such as happiness sadness guilt hopelessness loneliness and anger This tool is handy for those experiencing depression bipolar disorder anxiety PTSD but also those wishing to know more about themselves WHY IS MOOD TRACKING GOOD FOR MENTAL HEALTH The way we feel impacts the way we think The way we think determines the actions we take Maintaining a positive mood ensures a balanced outlook and notably influences our well being An inability to understand and express your feelings can cause long term problems Tracking one s mood can be useful not only

for individuals currently suffering from mental illnesses but also for those wishing to add more balance and objectivity to their lives

Mental Illness Types

There are hundreds of mental illnesses listed in the fifth edition of the Diagnostic and Statistical Manual of Mental Disorders DSM 5 the American Psychiatric Association's diagnostic manual The DSM 5 puts illnesses into categories based on their diagnostic criteria

3 Anxiety Disorders

This group of mental illnesses is characterized by significant feelings of anxiety or fear accompanied by physical symptoms such as shortness of breath rapid heartbeat and dizziness

Bipolar and Related Disorders

Formerly known as manic depression bipolar disorders are characterized by alternating episodes of mania hypomania and major depression

Depressive Disorders

The common feature of all depressive disorders is the presence of sad empty or irritable moods accompanied by physical symptoms and cognitive changes that significantly affect a person's capacity to function

Disruptive Impulse Control and Conduct Disorders

A group of psychiatric conditions that involve problems with the self control of emotions and behaviors

Dissociative Disorders

This group of psychiatric syndromes is characterized by an involuntary disconnection between consciousness memories emotions perceptions and behaviors even one's own identity or sense of self

Elimination Disorders

Children with elimination disorders repeatedly void urine or feces at inappropriate times and in inappropriate places whether the action is involuntary or not

Feeding and Eating Disorders

Eating disturbances are characterized by a persistent disturbance of eating patterns that leads to poor physical and psychological health

Gender Dysphoria

Formerly known as gender identity disorder gender dysphoria occurs when a person feels extreme discomfort or distress because their gender identity is at odds with the gender they were assigned at birth

Neurocognitive Disorders

These disorders are characterized by a decrease in a person's previous level of cognitive function In addition to Alzheimer's disease other conditions in this category include

Other Mental Illness Types

Huntington's disease Neurodevelopmental Disorders Obsessive Compulsive and Related Disorders Paraphilic Disorders Personality Disorders Schizophrenia Spectrum and Other Psychotic Disorders Sleep Wake Disorders Somatic Symptom and Related Disorders Substance Related and Addictive Disorders Trauma and Stressor Related Disorders

Mental illness is nothing to be ashamed of It is a medical problem just like heart disease or diabetes

mentil illness log book medical log book

Feeling Great David Burns, 2020 Do you sometimes feel Down depressed or unhappy Anxious panicky or insecure Guilty or ashamed Inferior inadequate or worthless Lonely unwanted or alone For decades we've been told that negative feelings like depression and anxiety are the result of what's wrong with us like a personality defect a mental disorder or a chemical imbalance in your brain These messages create feelings of shame and make it sound like we're broken and need to be fixed Now Dr David Burns author of the best selling and highly acclaimed **Feeling Good** The New Mood Therapy reveals that our negative moods do not result from what's wrong with us but rather what's right with us And when you listen and suddenly hear what your negative thoughts and feelings are trying to tell you suddenly you won't need them anymore and recovery will be just a stone's throw away In this innovative book **Feeling Great** Dr Burns describes a new and revolutionary high speed

treatment for depression and anxiety based on 40 years of research and more than 40 000 hours treating individuals with severe mood problems The goal is not just a rapid and complete elimination of negative feelings but the development of feelings of joy and enlightenment Dr Burns will provide you with inspiring and mind blowing case studies along with more than 50 amazing tools to crush the negative thoughts that rob you of happiness and self esteem You can change the way you feel You owe it to yourself to FEEL GREAT **My Daily Mood Diary** Bright Side Bright Side Press,2020-06-09 Unlock the Patterns to Happier Days and Positive Mental Health This mood tracker notebook makes it easy to be mindful of what is sparking happiness anger optimism anxiety and more in your life Clear page layout lets you note how you are feeling each day what happened to trigger your emotions and interesting patterns that appear during the week All at a glance Weekly notes page makes it easy to write what you re learning about your emotional health practice gratitude vent negative thoughts and other journaling Compact 6x9 size is handy to take with you and has plenty of pages to monitor your emotions during the year Makes a great gift for a friend wife sister daughter or any woman who wants to improve their mindset and learn from the good moments the bad moments and everything in between in her daily life Get your copy today Summary of Dr. David D. Burns's Feeling Great Everest Media,2022-03-04T22:59:00Z Please note This is a companion version not the original book Sample Book Insights 1 The most important thing is how you feel inside Scales like the ones you just completed are among the best in the world at measuring how you feel They are approximately 95 percent accurate 2 Your feelings about other people can change from time to time so make sure you take these tests as often as you like but make sure that the person you re thinking about on the scale is always the same Otherwise your scores may go up and down just because you re thinking about different people 3 If you want to develop more loving and satisfying relationships you must be willing to let go of things you re addicted to The Temptations Test is an extremely reliable tool that asks about cravings and urges to use over the past week 4 The tests are designed to show you how susceptible you are to temptation If your score on the test is 15 or above it means that you re almost certain to give in to the temptation Feeling Good David D. Burns,1981 Explains how each individual can learn to control their moods through controlling the thought processes and changing the patterns of how things are perceived

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