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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

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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

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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 % 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

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% 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 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 STEP THREE:

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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
Situation: Call from a
church member offering
condolences. Emotions %

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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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epoch to show reviewing
habit. along with guides you
could enjoy now is david
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below. Burn 9780767920834 4p
all r1 - Penguin Random

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House Daily Mood Log* -
Brief Therapy Conference
2018 The Center for Artistic
Activism Daily Mood Journal*
Page 1 of 2 Upsetting Event
David Burns Daily Mood Log -
electionsdev.calmatters.org
Marilyn's Daily ...

David Burns Daily Mood Log
Pdf | calendar.pridesource
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,

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ashamed Angry, mad, resentful,
annoyed, irritated, upset,
furious

Daily Mood Log* - James Stolz

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The website of David D.
Burns, MD | 048: Relapse ...
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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

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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. Then the patient records the affecting emotion, other emotions they are feeling (which will help with understanding primary and secondary emotions and how

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they ...

Daily Mood Chart Worksheet | PsychPoint

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