

Daily Mood Log (p. 2) *

Negative Thoughts	Distortions	Positive Thoughts

Checklist of Cognitive Distortions

1. **All-or-nothing thinking:** You look at things in absolute, black-and-white categories.
2. **Over generalization:** 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 arbitrarily assume that people are reacting negatively to you;
 - (B) **Fortune-telling**—you arbitrarily predict that things will turn out badly.
6. **Magnification or minimization:** You blow things way out of proportion or you shrink their importance.
7. **Emotional reasoning:** You reason from how you feel: "I feel like an idiot, so I must be one."
8. **Should statements:** You criticize yourself or other people with "shoulds," "shouldn'ts," "musts," "oughts," and "have tos."
9. **Labeling:** Instead of saying "I made a mistake," you tell yourself, "I'm a jerk" or "a loser."
10. **Personalization and blame:**
 - (A) You blame yourself for something you weren't entirely responsible for;
 - (B) you blame other people and overlook ways that you contributed to a problem.

* Copyright © 1984 by David D. Burns, MD. Revised, 1992. Do not reproduce without permission.