

How to use a DML*!

This explanation sheet is detailed to help as many different learning styles as possible, so it may seem complicated and feel a little daunting. But once you use it a couple of times I'm confident you'll get the hang of it. Don't worry about doing it right or wrong, this is just a structure or framework to keep you moving in the right direction. I will walk you through this in our work together and you can read about the DML in one of Dr. David Burns' books such as, "When Panic Attacks" or "Feeling Great".

The purpose of the Daily Mood Log, or Journal, is list out your negative thoughts and to record the rational positive thoughts you come up with during self-help work or therapy. There are many versions of the DML but they all have 3 main sections: The upsetting event, the emotions, and the negative thoughts.

The upsetting event is a specific moment in time when you were upset. The emotions section is how you were feeling in this moment (be sure to rate the intensity of those emotions in the 'before column'). The Negative Thoughts section is where you will spend the most time. The very last step in filling in the DML will be to rate your emotions AFTER the work you do to crush all your Negative Thoughts, see #9 on the diagram.

Steps to fill in a DML:

1. Pick a moment in time **#1**
2. Fill in the emotions about that event **#2**
3. Rate the intensity of those feelings **#3**
4. Add as many Negative Thoughts you can come up with and rate how much you believe your NT's as you fill them in (see **4a** on the diagram). **#4**
5. Address the good reasons NOT to finish the DML (Positive Reframing Chart – not shown here)
6. Put in goals for the emotions you'd like to have for that event. **#6**
7. Choose ONE negative thought. **#7**
 - a. Identify and Explain the Distortions **7a**
 - b. Try to come up with a Positive Thought **7b**
 - c. Rate how much you believe that Positive Thought, if not 100%, why? Is there something you can change to make it 100%? **7c**
 - d. Now re-rate the Negative Thought **7d**
 - i. If 0-20 move onto #9.
 - ii. If over 20, or you'd like to get it to 0, try one of the tools in David's book (podcast or other book) and then come up with another Positive Thought.
 - e. Repeat b. to d. as needed. Sometimes it takes a few tools to crush a thought.
8. Choose another Negative Thought and repeat #8 till you've crushed all your Negative Thoughts. **#8**
9. Re-rate how you are feeling using the After column in the emotion section. **#9**

Daily Mood Log* Plus – Telehealth Version

Daily Mood Log*

Upsetting Event **#1**

#2		#3	#6	#9
Emotions (Use highlight and press ctrl U to underline or put an X beside any that apply)		% Now	% Goal	% After
Sad blue depressed down unhappy				
Anxious worried panicky nervous frightened				
Guilty remorseful bad ashamed				
Inferior worthless inadequate defective incompetent				
Lonely unloved unwanted rejected alone abandoned				
Embarrassed foolish humiliated self-conscious				
Hopeless discouraged pessimistic despairing				
Frustrated stuck thwarted defeated				
Angry resentful annoyed imitated upset furious				
Other:				

#4		4a		Positive Thoughts	
Negative Thoughts		% Now	% After	Distortions	% Belief
#7		7d	7a	7b	7c
#8					

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