**Instructions**. Review the negative thoughts and feelings on your Daily Mood Log and fill in the three columns below. Some negative thoughts or feelings may have *only* advantages, some may *only* have core values, and some will have both advantages *and* core values.

|  |  |  |
| --- | --- | --- |
| **Thought or Feeling**List each negative thought or feeling you are analyzing here**.** Work on them one at a time. | **Advantages**What are some advantages, or benefits, of this negative thought or feeling? | **Core Values**What does this negative thoughts or feelings show about you that is positive and awesome? |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |

\* Copyright 2018 by David D. Burns, M.D.

Continue on Reverse

|  |  |  |
| --- | --- | --- |
| **Thought or Feeling** | **Advantages** | **Core Values** |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |