

Feeling Good

by David D. Burns

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

 01

Daily thought record

Every evening, write down one distorted thought you had today. Name the distortion (all-or-nothing, mind-reading, catastrophizing). Write a more balanced alternative.

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 02

The 'three Cs' check

When distressed, ask: Catch the thought. Challenge it - what evidence? Competing thoughts? Create a more balanced thought.

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 03

Behavioral activation: move first

If low: act first. Don't wait for motivation. Do one small physical thing - walk, clean, stretch. Mood follows action.

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 04

Dispute your 'musts'

Identify a 'must' or 'have to' that's driving distress. Challenge it: 'I'd prefer, but I don't have to. What would happen if I didn't?'

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 05

The downward arrow technique

Ask 'and if that's true, what would be so bad about that?' three times. Usually lands on a core fear that the original thought was shielding you from.

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 06

Schedule one joyful activity per day

Not 'do something enjoyable if you feel like it.' Schedule it. Treat it like a meeting. Track mood before and after.