Daily Mood Log*

Upsetting Event: _____

Emotions	% Before	% Goal	% After		Emotions	% Before	% Goal	% After
Sad, blue, depressed, down, unhappy					**Embarrassed**, foolish, humiliated, self-conscious			
Anxious, worried, panicky, nervous, frightened					**Hopeless**, discouraged, pessimistic, despairing			
Guilty, remorseful, bad, ashamed					**Frustrated**, stuck, thwarted, defeated			
Inferior, worthless, inadequate, defective, incompetent					**Angry**, mad, resentful, annoyed, irritated, upset, furious			
Lonely, unloved, unwanted, rejected, alone, abandoned					Other			

Negative Thoughts	% Before	% After	Distortions	Positive Thoughts	% Belief

Daily Mood Log (cont'd)

Negative Thoughts	% Before	% After	Distortions	Positive Thoughts	% Belief

Checklist of Cognitive Distortions

1. **All-or-Nothing Thinking.** You view things in absolute, black-and-white categories.	6. **Magnification and Minimization.** You blow things out of proportion or shrink them.
2. **Overgeneralization.** You view a negative event as a never-ending pattern of defeat: "This *always* happens!"	7. **Emotional Reasoning.** You reason from your feelings: "I *feel* like an idiot, so I must really *be* one."
3. **Mental Filter.** You dwell on the negatives and ignore the positives.	8. **Should Statements.** You use shoulds, shouldn'ts, musts, oughts, and have tos.
4. **Discounting the Positive.** You insist that your positive qualities don't count.	9. **Labeling.** Instead of saying, "I made a mistake," you say, "I'm a jerk" or "I'm a loser."
5. **Jumping to Conclusions.** You jump to conclusions not warranted by the facts.	10. **Blame.** You find fault instead of solving the problem.
• **Mind-Reading.** You assume that people are reacting negatively to you.	• **Self-Blame.** You blame yourself for something you weren't entirely responsible for.
• **Fortune-Telling.** You predict that things will turn out badly.	• **Other-Blame.** You blame others and overlook ways you contributed to the problem.