

Daily Mood Log

Upsetting Event: _____

Emotions	%	%	Emotions	%	%
	Before	After		Before	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 (describe)		
Negative Thoughts	%	%	Distortions	Positive Thoughts	%
	Before	After			Belief
1.				1.	
2.				2.	
3.				3.	
4.				4.	
5.				5.	

Negative Thoughts	% Before	% After	Distortions	Positive Thoughts	% Belief
6.				6.	
7.				7.	
8.				8.	

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 <i>always</i> happens!"	7. Emotional Reasoning. You reason from your feelings: "I <i>feel</i> like an idiot, so I must really <i>be</i> 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. <ul style="list-style-type: none"> • Mind-Reading. You assume that people are reacting negatively to you. • Fortune-Telling. You predict that things will turn out badly. 	10. Blame. You find fault instead of solving the problem. <ul style="list-style-type: none"> • Self-Blame. You blame yourself for something you weren't entirely responsible for. • Other-Blame. You blame others and overlook ways you contributed to the problem.

Daily Mood Log Continuation Sheet

Negative Thoughts	% Before	% After	Distortions	Positive Thoughts	% Belief