

Relapse Daily Mood Log

Upsetting Event: Having a depression relapse.

Emotions	% Before	% After	Emotions	% Before	% After
Sad , blue, depressed, down, unhappy	100%		Embarrassed , foolish, humiliated , self-conscious	100%	
Anxious , worried, panicky, nervous, frightened	100%		Hopeless , discouraged, pessimistic, despairing	100%	
Guilty , remorseful, bad, ashamed	100%		Frustrated , stuck, thwarted, defeated	100%	
Inferior , worthless , inadequate, defective, incompetent	100%		Angry , mad, resentful, annoyed, irritated, upset, furious	100%	
Lonely , unloved, unwanted, rejected, alone , abandoned	100%		Other (describe) disappointed	100%	

Negative Thoughts	% Before	% After	Distortions	Positive Thoughts	% Belief
1. I'll <i>never</i> get better. I'm a hopeless case.	100%				
2. This relapse shows that the therapy didn't work.	100%				
3. My improvement was just a fluke.	100%				
4. I wasn't really better. I just <i>thought</i> I was. Underneath, I was depressed the whole time.	100%				
5. This therapy can't work for me. My problems are too deep.	100%				
6. I'm worthless after all.	100%				
7. What good are a few weeks of improvement? Now I'll be depressed for another ten years.	100%				
8. This is unfair. Other people don't have to work so hard to be happy.	100%				
9. There must be something wrong with me.	100%				