

Mark's Daily Mood Log*

Upsetting Event:

Emotions	% Now	% Goal	% After	Emotions	% Now	% Goal	% After
Sad, blue, depressed, down, unhappy	60	10		Embarrassed, foolish, humiliated, self-conscious	60	5	
Anxious, worried, panicky, nervous, frightened	30	0-5		Hopeless, discouraged, pessimistic, despairing	80	5-10	
Guilty, remorseful, bad, ashamed	60	5		Frustrated, stuck, thwarted, defeated	80	10	
Worthless, inadequate, defective, incompetent	50	5		Angry, mad, resentful, annoyed, irritated, upset, furious	30	5-10	
Lonely, unloved, unwanted, rejected, alone	40	10					

Negative Thoughts	% Now	% After	Distortions	Positive Thoughts	% Belief
1. I've been a failure.	70				
2. There's something defective in my brain that has prevented a loving relationship with my son.	90				
3. Someone else could have had a better therapy session with Jill and David.	70				
4. This should not happen to me because I'm a caring person.	75				
5. Other family members (ex-wife) have contributed to this conflict.	80				