

Mark's Daily Mood Log\*

Upsetting Event: My role as a father for my oldest son.

Emotions	% Now	% Goal	% After	Emotions	% Now	% Goal	% After
Sad, blue, depressed, down, unhappy	60	10	0	Embarrassed, foolish, humiliated, self-conscious	60	5	0
Anxious, worried, panicky, nervous, frightened	30	0-5	0	Hopeless, discouraged, pessimistic, despairing	80	5-10	10
Guilty, remorseful, bad, ashamed	60	5	5	Frustrated, stuck, thwarted, defeated	80	10	10
Worthless, inadequate, defective, incompetent	50	5	20	Angry, mad, resentful, annoyed, irritated, upset, furious	30	5-10	0
Lonely, unloved, unwanted, rejected, alone	40	10	0				

Negative Thoughts	% Now	% After	Distortions	Positive Thoughts	% Belief
1. I've been a failure.	70	0	AON; OB; MF; DP; MR; MAG/MIN; SH; ER; LAB; SB	My life has not been a failure. Any relationship involves two people.	100
2. There's something defective in my brain that has prevented a loving relationship with my son.	90	0	OG; MF; DP; JC; FT; MAG/MIN; SH; ER; LAB; SB; OB	There is absolutely no proof that I have a defect in my brain, and no expert has ever suggested that I do. Of course, I am not as close to my son as I would like, and it's also true that I have many defects!	100
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				

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