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Upsetting Event: Sitting with my son at home, and struggling to make conversation.

Emotions	% Now	% Goal	% After	Emotions	% Now	% Goal	% After
depressed	85			self-conscious	90		
Anxious	65			discouraged,	85		
ashamed	90			stuck,	95		
worthless,	90			angry	--		
Lonely	70			Other			

Negative Thoughts	% Now	% After	Distortions	Positive Thoughts	% Belief
1. Something is wrong with me because I can't talk to him.	100		LAB; MF; DP; MAG; SH; SB; ER		
2. I'm failing him as a father.	90		AON; MF; DP; MAG; SH; SB; LAB; MR; ER		
3. I'm inadequate as a father.	100		AON; SB; DP; ER		
4. He deserves so much better than me.	100		MF; DP; MR		
5. I don't deserve his love.	85		SB; ER		

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Negative Thoughts	% Now	% After	Distortions	Positive Thoughts	% Belief
6. I've negatively affected his life.	100		AON; MF; SB; DP		
7. He must wish he had a different father.	95		MR		
8. I should not have become a father because of all my deficits.	95		SH; SB		
9. His problems are all my fault.	95		AON; SB; ER		
10. I'm not doing a good enough job in this demonstration to make sure it is helpful.	90		MR; SB; DP; ER		

Checklist of Cognitive Distortions*

1. All-or-Nothing Thinking (AON) . You view things in black-and-white categories.	6. Magnification and Minimization (MAG/MIN) . You magnify things up or shrink them.
2. Overgeneralization (OG) . You view a negative event as a never-ending pattern of defeat: "This <i>always</i> happens!"	7. Emotional Reasoning (ER) . You reason from your feelings: "I <i>feel</i> like an idiot, so I must really <i>be</i> one."
3. Mental Filter (MF) . You dwell on the negatives and ignore the positives.	8. Should Statements (SH) . You use shoulds, shouldn'ts, musts, oughts, and have tos.
4. Discounting the Positive (DP) . You insist that your positive qualities don't count.	9. Labeling (LAB) . Instead of saying, "I made a mistake," you say, "I'm a jerk" or "I'm a loser."
5. Jumping to Conclusions (JC) . You jump to conclusions not warranted by the facts. <ul style="list-style-type: none"> • Mind-Reading (MR). You assume that people are reacting negatively to you. • Fortune-Telling (FT). You predict that things will turn out badly. 	10. Blame (BL) . You find fault instead of solving the problem. <ul style="list-style-type: none"> • Self-Blame (SB). You blame yourself / beat up on yourself.. • Other-Blame (OB). You blame others.