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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	20		self-conscious	90	10	
Anxious	65	15		discouraged,	85	5	
ashamed	90	10		stuck,	95	5	
worthless,	90	10		angry	--		
Lonely	70	10		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.