

Daily Mood Log* Page 1 of 2

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

Emotions	% Now	% Goal	% After	Emotions	% Now	% Goal	% After
depressed	85	20	0	self-conscious	90	10	5
Anxious	65	15	5	discouraged,	85	5	5
ashamed	90	10	0	stuck,	95	5	5
worthless,	90	10	5	angry	--		
Lonely	70	10	5	Other			

Negative Thoughts	% Now	% After	Distortions	Positive Thoughts	% Belief
1. Something is wrong with me because I can't talk to him.	100	0	LAB; MF; DP; MAG; SH; SB; ER	It's not true that I can't talk to him. I struggle with this, but I'm getting better at it.	100
2. I'm failing him as a father.	90	0	AON; MF; DP; MAG; SH; SB; LAB; MR; ER	I've given him a lot, and spent lots of time with him white water rafting, camping, scuba diving, hiking, rock climbing, and more, and I'm always there when he needs me. I can improve on my shortcomings.	100
3. I'm inadequate as a father.	100	0	AON; SB; DP; ER	I'm there for him in so many ways. My love for him could fill the universe.	100
4. He deserves so much better than me.	100	20	MF; DP; MR	Of course he does! He's so wonderful that I could be the best father on the planet, and he'd still deserve more. And I can and will do better.	100
5. I don't deserve his love.	85	10	SB; ER	He loves me, so I must be deserving of his love.	100

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Negative Thoughts	% Now	% After	Distortions	Positive Thoughts	% Belief
6. I've negatively affected his life.	100	10	AON; MF; SB; DP	I've made many mistakes as a father, but he turned out to be a wonderful person. I've been a positive influence in many ways.	100
7. He must wish he had a different father.	95	0	MR	He's never expressed anything like that. He loves me and knows that I love him.	100
8. I should not have become a father because of all my deficits.	95	5	SH; SB	Even great fathers have deficits. I can be a good father, even with my deficits.	100
9. His problems are all my fault.	95	10	AON; SB; ER	There would be multiple causes for whatever problems he has, and I'm probably only a small part of that. I've always wanted the best for him.	100
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.