

Daily Mood Log*

Upsetting Event: This morning I was feeling upset and having trouble staying focused and settling in.

Emotions	% Now	% Goal	% After	Emotions	% Now	% Goal	% After
Sad, blue, depressed, down, unhappy	95			Embarrassed, foolish, humiliated, self-conscious			
Anxious, worried, panicky, nervous, frightened	95			Hopeless, discouraged, pessimistic, despairing	80		
Guilty, remorseful, bad, ashamed				Frustrated, stuck, thwarted, defeated	100		
Inferior, worthless, inadequate, defective, incompetent	85			Angry, mad, resentful, annoyed, irritated, upset, furious			
Lonely, unloved, unwanted, rejected, alone, abandoned				Other Jittery	80-85		

Negative Thoughts	% Now	% After	Distortions	Positive Thoughts	% Belief
1. This could be the new normal.	80				
2. My life is going to waste.	80				
3. I should be handling this better.	90				
4. I could catch the virus and die.	40				
5. No one is in charge.	80				

Checklist of Cognitive Distortions *

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