

## 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 | 65    |        |         | 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. <b>All-or-Nothing Thinking.</b> You view things in absolute, black-and-white categories.   | 6. <b>Magnification and Minimization.</b> You blow things out of proportion or shrink them.  |
| 2. <b>Overgeneralization.</b> You view a negative event as a never-ending pattern of defeat:<br>"This <i>always</i> happens!"   | 7. <b>Emotional Reasoning.</b> You reason from your feelings: "I <i>feel</i> like an idiot, so I must really <i>be</i> one."   |
| 3. <b>Mental Filter.</b> You dwell on the negatives and ignore the positives.   | 8. <b>Should Statements.</b> You use shoulds, shouldn'ts, musts, oughts, and have tos.   |
| 4. <b>Discounting the Positive.</b> You insist that your positive qualities don't count.  | 9. <b>Labeling.</b> Instead of saying, "I made a mistake," you say, "I'm a jerk" or "I'm a loser."   |
| 5. <b>Jumping to Conclusions.</b> You jump to conclusions not warranted by the facts. <ul style="list-style-type: none"> <li>• <b>Mind-Reading.</b> You assume that people are reacting negatively to you.</li> <li>• <b>Fortune-Telling.</b> You predict that things will turn out badly.</li> </ul> | 10. <b>Blame.</b> You find fault instead of solving the problem. <ul style="list-style-type: none"> <li>• <b>Self-Blame.</b> You blame yourself for something you weren't entirely responsible for.</li> <li>• <b>Other-Blame.</b> You blame others and overlook ways you contributed to the problem.</li> </ul> |