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	20		**Embarrassed**, foolish, humiliated, self-conscious			
Anxious, worried, panicky, nervous, frightened	95	0		**Hopeless**, discouraged, pessimistic, despairing	80	20	
Guilty, remorseful, bad, ashamed				**Frustrated**, stuck, thwarted, defeated	100	5	
Inferior, worthless, inadequate, defective, incompetent	85	5		**Angry**, mad, resentful, annoyed, irritated, upset, furious			
Lonely, unloved, unwanted, rejected, alone, abandoned				Other Jittery	80-85	0	

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 **always** happens!"	7. **Emotional Reasoning.** You reason from your feelings: "I **feel** like an idiot, so I must really **be** 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. • **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. • **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.