

Daily Mood Log* Page 1 of 2

Upsetting Event: Waking up Sunday morning feeling sick / foggy / nauseous for the “100th day” in a row, upset that my stomach and anxiety won’t heal after three months of effort.

Emotions	% Now	% Goal	% After	Emotions	% Now	% Goal	% After
Sad, blue, depressed, down, unhappy	80			Embarrassed, foolish, humiliated, self-conscious	60		
Anxious, worried, panicky, nervous, frightened	95			Hopeless, discouraged, pessimistic, despairing	100		
Guilty, remorseful, bad, ashamed	50			Frustrated, stuck, thwarted, defeated	90		
Inferior, worthless, inadequate, defective, incompetent	65			Angry, mad, resentful, annoyed, irritated, upset, furious	90		
Lonely, unloved, unwanted, rejected, alone, abandoned	40			Other			

Negative Thoughts	% Now	% After	Distortions	Positive Thoughts	% Belief
1. I should be able to defeat my anxious thinking and reduce my suffering.	95				
2. If I can't succeed in healing my own anxiety, I'm an inadequate hack of a TEAM-CBT therapist.	95				
3. I was strong, confident and vivacious. Now I'm fragile, weak, and self-doubting, and I shouldn't be this way.	100				
4. My anxiety is getting in my way and slowing me down—but I should be able to do more and take on more.	100				
5. Something more serious is wrong with my stomach, and now with Covid-19 I won't be able to get medical intervention and testing.	70				

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Negative Thoughts	% Now	% After	Distortions	Positive Thoughts	% Belief
6. I should not have anxiety when I compare my life to all the extreme suffering in the world right now.	100				
7. David is sick of me or frustrated that I haven't gotten past this.	70				
8. I'm not as effective in my clinical work when I'm upset and anxious.	85				
9. I might get panicky during a session and screw up.	80				
10. I should always do more.	85				

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.