

Daily Mood Log*

Upsetting Event: Last night worrying and crying before falling asleep.

Emotions	% Now	% Goal	% After	Emotions	% Now	% Goal	% After
Sad, blue, depressed, down, unhappy	100	50	15	Embarrassed, foolish, humiliated, self-conscious	0	NA	NA
Anxious, worried, panicky, nervous, frightened	100	20	0	Hopeless, despairing	90	25	20
Bad	50	10	0	Frustrated, stuck	100	5	10
Inferior, worthless, inadequate, defective, incompetent	0	NA	NA	Angry, mad, resentful, annoyed, irritated, upset, furious	100	50	55
Lonely, alone, abandoned	90	20	20	Other			

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