

## 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			Embarrassed, foolish, humiliated, self-conscious	0		
Anxious, worried, panicky, nervous, frightened	100			Hopeless, despairing	90		
Bad	50			Frustrated, stuck	100		
Inferior, worthless, inadequate, defective, incompetent	0			Angry, mad, resentful, annoyed, irritated, upset, furious	100		
Lonely, alone, abandoned	90			Other			

Negative Thoughts	% Now	% After	Distortions	Positive Thoughts	% Belief
1. I shouldn't have to do this alone.	90				
2. I can't handle parenting alone.	70				
3. I shouldn't burden Gregg with my feelings.	70				
4. I shouldn't share my feelings.	50				
5. I should be strong and tough.	80				
6. I'll let my patients down if I don't have enough time for them.	50				
7. I'll lose Gregg.	50 - 100				
8. I shouldn't have to do this.	100				
9. I should be able to work and support my family while Gregg stays at home safely.	50				

### 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: "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>