

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	10	0	Embarrassed, foolish, humiliated, self-conscious	60	10	3
Anxious, worried, panicky, nervous, frightened	95	20	0	Hopeless, discouraged, pessimistic, despairing	100	15	0
Guilty, remorseful, bad, ashamed	50	5	0	Frustrated, stuck, thwarted, defeated	90	15	3
Inferior, worthless, inadequate, defective, incompetent	65	15	5	Angry, mad, resentful, annoyed, irritated, upset, furious	90	15	0
Lonely, unloved, unwanted, rejected, alone, abandoned	40	5	0	Other			