

Rhonda’s Completed Daily Mood Log *

Upsetting Event: Learning that David suggested doing the phobia podcast without me.

Emotions	% Now	% Goal	% After	Emotions	% Now	% Goal	% After
Sad, blue, depressed, down, unhappy	80	10	0	Embarrassed, foolish, humiliated, self-conscious	80	5	2
Anxious, worried, panicky, nervous, frightened	80	15	0	Hopeless, discouraged, pessimistic, despairing	NA		
Guilty, remorseful, bad, ashamed	70	25	10	Frustrated, stuck, thwarted, defeated	15	0	0
Inferior, worthless, inadequate, defective, incompetent	80	0	0	Angry, mad, resentful, annoyed, irritated, upset, furious	85	0	0
Lonely, unloved, unwanted, rejected, alone, abandoned	75	0	0	Other Jealous	75	0	0

Negative Thoughts	% Now	% After	Distortions	Positive Thoughts	% Belief
1. I shouldn’t be taking up space on the podcast again (in the role of “patient.”)	100	10	SH	I’m really lucky I get to do this. In the role of podcast host I can invite other people to be in this role, and work with David, too. I’m giving a gift to myself because I’m gaining tremendously from this experience and deepening my relationships with David and Matt. I am taking up space but I’m giving back to podcast listeners, so they can learn how to use the TEAM model. I’m also showing people how to be vulnerable, and make amends.	100
2. I don’t matter.	100	0	AON; OG, MF; DP; MR; ER; SH; SB	I contribute a lot to the people in my life. It’s ok if I don’t matter to some people all the time, and it’s ok if I don’t matter to some people some of the time.	100
3. I’m not very important.	100	5	AON; MF; DP; MR; ER; SH; SB	I’m not more important than anyone else. I love people fiercely and in those situations I <i>do</i> matter.	100

“I don’t matter.” Live TEAM-CBT Treatment Session

4. I’m going to look ridiculous.	100	5	FT; MR; SH; DP	Most people look ridiculous and neurotic at some point in their lives so I'll just join in with everyone else!	100
5. Everyone likes Danielle more than me!	100	0	MR; ER	I want people to like Danielle! She is an awesome person! There is room for people to like Danielle and to like me.	100
6. I shouldn’t feel jealous.	90	5	SH	It is petty to feel jealous but it shows I have the full range of all emotions available to human beings! I feel jealous on a regular basis, and I'm totally comfortable with it! It is one of my many flaws. I can acknowledge it and let it go.	100
7. People will think I’m an idiot.	100	5	MR; FT; ER; SB	They can't judge me any more than I judge myself. Maybe they will judge me as being brave and vulnerable.	100
8. People will judge me.	90	5	MR; FT; ER; SB	Some people will have negative judgments, but some will have positive judgments.	100
9. I don’t matter to David.	90	0	MR; DP; ER	But I do!	100
10. He doesn’t need me.	90	90: but in a good way. 10 in general	LAB; MR; DP; ER	David <i>can</i> do the podcast perfectly well without me. For the little bit I do, I have a part to play. We’re having fun and getting tons of great feedback. We’re lucky to be working together!	100
11. He doesn’t think my participation is important.	100	0	MR; LAB; SH; MF, ER; DP	But he does!	100