

**Rhonda’s 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			Embarrassed, foolish, humiliated, self-conscious	80		
Anxious, worried, panicky, nervous, frightened	80			Hopeless, discouraged, pessimistic, despairing	0		
Guilty, remorseful, bad, ashamed	70			Frustrated, stuck, thwarted, defeated	15		
Inferior, worthless, inadequate, defective, incompetent	80			Angry, mad, resentful, annoyed, irritated, upset, furious	85		
Lonely, unloved, unwanted, rejected, alone, abandoned	75			Other Jealous	75		

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				
2. I don’t matter.	100				
3. I’m not very important.	100				
4. I’m going to look ridiculous.	100				
5. Everyone likes Daniele more than me!	100				
6. I shouldn’t feel jealous.	90				
7. People will think I’m an idiot.	100				
8. People will judge me.	90				
9. I don’t matter to David.	90				
10. He doesn’t need me.	90				

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11. He doesn’t think my participation is important.	100				

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>

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**Rhonda's Emotion Table**

(with the “% Goal” column filled out after the Magic Dial)

**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		Embarrassed, foolish, humiliated, self-conscious	80	5	
Anxious, worried, panicky, nervous, frightened	80	15		Hopeless, discouraged, pessimistic, despairing	0		
Guilty, remorseful, bad, ashamed	70	25		Frustrated, stuck, thwarted, defeated	15	0	
Inferior, worthless, inadequate, defective, incompetent	80	0		Angry, mad, resentful, annoyed, irritated, upset, furious	85	0	
Lonely, unloved, unwanted, rejected, alone, abandoned	75	0		Other Jealous	75	0	

**Rhonda's Emotion Table**

(with the “% After” column filled out at the end of the session)

**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	0		
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

### Rhonda's Downward Arrow / What-If Technique

I don't matter



Let's assume that's true. What would it mean to you? Why would it be upsetting to you?

I'm not important.



Let's assume that's true. What would it mean to you? Why would it be upsetting to you?

I'll be rejected.



Let's assume that's true. What would it mean to you? Why would it be upsetting to you?

I need to be important to others to feel happy and fulfilled.



And if that were true, what would it mean to you? Why would it be upsetting to you?

I have to earn love by performing at a high level.

### Rhonda's Self-Defeating Beliefs

1. **Perceived Perfectionism.** People will not love and accept me as a flawed and vulnerable human being. I have to earn their love.
2. **Approval Addiction.** I need other people's approval to be worthwhile.
3. **Love Addiction.** I can't feel happy and fulfilled without being loved.
4. **Fear of Rejection.** If you reject me, it proves that there's something wrong with me. I can't feel happy and fulfilled if I'm alone.
5. **Worthlessness / Inferiority.** I'm inherently inferior / not good enough.
6. **Emotophobia.** I should never have irrational feelings like sad, anxiety, anger, or jealousy.

**Rhonda’s Positive Reframing Table\***

Advantages	Core Values
What are some advantages of your negative thoughts and feelings? How might they help, protect, or benefit you?	What do your negative thoughts and feelings show about you and your core values that is beautiful, positive and even awesome?
My negative thoughts and feelings <ul style="list-style-type: none"> <li>• My anger and feelings of inadequacy motivate me to prove that I <i>do</i> matter.</li> <li>• My anger shows that I can be feisty, strong, and assertive, and stick up for myself.</li> <li>• My feelings of inadequacy have motivated me to accomplish a lot.</li> <li>• My anxiety energize me.</li> <li>• My anxiety humanizes me.</li> <li>• My anxiety gives me self-protection, so I look out for myself.</li> <li>• My sadness shows my intense passion for my work and for my relationships with the people I care about.</li> <li>• My feelings of inadequacy motivate me to take on new challenges—I keep pushing on and don’t give up!</li> <li>• My anxiety tips me off when I’m in danger.</li> <li>• My sadness and feelings of rejection give me compassion for the suffering of others, including my own patients and colleagues who are hurting.</li> </ul>	My negative thoughts and feelings show that: <ul style="list-style-type: none"> <li>• My loneliness and sadness show that I value relationships.</li> <li>• I take good care of people.</li> <li>• My feelings of inferiority show that I value and admire others, like Matt, David and Daniele.</li> <li>• I want mutual respect in my relationships.</li> <li>• I’m humble and not conceited.</li> <li>• I’m inclusive.</li> <li>• I care what others think about me.</li> <li>• I want close and meaningful relationships.</li> <li>• I fulfill my responsibilities and take my work seriously.</li> <li>• I’m honest and realistic, since I do have many flaws.</li> <li>• I’m accountable, since I’m willing to look at my own shortcomings.</li> <li>• I want to live up to others’ expectations and not let them down.</li> <li>• I work hard on relationships, and don’t take people for granted.</li> <li>• I’m responsible.</li> </ul>