

Daily Mood Log*

Upsetting Event: Friday night, and I feel down because I'm not sure what to do with my free time. I usually would be excited to watch tv, play video games, or just enjoy a little break. I am fine while I'm working and doing sessions and it doesn't seem to affect that. I'm often hanging out with my wife and we have a good time but last night she was studying for her exam and I think this then forces me to face this.

Emotions	% Before	% Goal	% After	Emotions	% Before	% Goal	% After
Sad, blue, depressed , down, unhappy	75	20	0	Embarrassed , foolish, humiliated, self-conscious	0		
Anxious , worried, panicky, nervous, frightened	90	10	0	Hopeless , discouraged, pessimistic, despairing	100	10	10
Guilty , remorseful, bad, ashamed	40	0	10	Frustrated , stuck, thwarted, defeated	60	40	0
Inferior , worthless, inadequate, defective, incompetent	0			Angry, mad, resentful , annoyed, irritated, upset, furious	60	0	0
Lonely , unloved, unwanted, rejected, alone, abandoned	0			Other			

Negative Thoughts	% Before	% After	Distortions	Positive Thoughts	% Belief
1. It's pointless in life to strive towards anything because, in the end, we are all going to die.	90	10	DP, AON, MF, MM, OG,	Some things are worth striving for. We might as well strive towards things even though we are going to die.	90
2. I shouldn't relax (watch tv, play video games) because people are dying and are sick in the world.	90	0	SS, OG, AON, MF, DP, SB,	Everyone deserves to relax.	90
3. People are dying in the world right now, so I don't deserve to have fun and relax.	60	0	SB, SS, AON, MF, OG,	it's not my fault that people are dying, one has nothing to do with the other.	100
4. I saw something that had the year 2029. I thought about how awful it is at how many people I know, and my Dog, could be dead then.	100		MM, JC, MF, DP,	Anything is possible, should I just worry all the time that people could die at any point? (sarcasm)	90
5. I've had so many good things happen in the last few years, I can't enjoy it since its Inevitable that I will lose those things.	100	0	MM, OG, AON, DP, JC,	I am enjoying this interaction with David so that can't be true.	100

6. All we are is just dust in the wind.	100	10	ER, AON, OG, MF, DP, LB, MI	Physically that MIGHT be true, but even if it is true there is meaning so that can't be all there is.	80
7. Nothing matters, because we are all going to die.	90	0	ER, AON, OG,	Everyone here matters to someone so that alone beats the argument.	100
8. Life is unfair, people shouldn't have to die,	100	0	SS, OG, OB	If people didn't die the world would be a pile of people.	100