

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		Embarrassed , foolish, humiliated, self-conscious	0		
Anxious , worried, panicky, nervous, frightened	90	10		Hopeless , discouraged, pessimistic, despairing	100	10	
Guilty , remorseful, bad, ashamed	40	0		Frustrated , stuck, thwarted, defeated	60	40	
Inferior , worthless, inadequate, defective, incompetent	0			Angry , mad, resentful, annoyed, irritated, upset, furious	60	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		DP, AON, MF, MM, OG,		
2. I should be able to just relax (watch tv, play video games) like everyone else.	90		SS, OG, AON, MF, DP, SB,		
3. People are dying in the world right now, so I don't deserve to have fun and relax.	60		SB, SS, AON, MF, OG,		
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,		

5. I've had so many good things happen in the last few years, but I can't enjoy them since it's inevitable that I will lose those things,	100		MM, OG, AON, DP, SS,		
6. People shouldn't have to die.	100				
7. The good things that happen are just dust in the wind.	100				
8. Life is unfair.	100				
9. Nothing matters.	100				
10.					

Checklist of Cognitive Distortions*

1. All-or-Nothing Thinking. You view things in absolute, black-and-white categories.	6. Magnification and Minimization. You blow things out of proportion or shrink them.
2. Overgeneralization. You view a negative event as a never-ending pattern of defeat: "This <i>always</i> happens!"	7. Emotional Reasoning. You reason from your feelings: "I <i>feel</i> like an idiot, so I must really <i>be</i> one."
3. Mental Filter. You dwell on the negatives and ignore the positives.	8. Should Statements. You use shoulds, shouldn'ts, musts, oughts, and have tos.
4. Discounting the Positive. You insist that your positive qualities don't count.	9. Labeling. Instead of saying, "I made a mistake," you say, "I'm a jerk" or "I'm a loser."
5. Jumping to Conclusions. You jump to conclusions not warranted by the facts.	10. Blame. You find fault instead of solving the problem.
<ul style="list-style-type: none"> • Mind-Reading. You assume that people are reacting negatively to you. 	<ul style="list-style-type: none"> • Self-Blame. You blame yourself for something you weren't entirely responsible for.
<ul style="list-style-type: none"> • Fortune-Telling. You predict that things will turn out badly. 	<ul style="list-style-type: none"> • Other-Blame. You blame others and overlook ways you contributed to the problem.