

Daily Mood Log*

Upsetting Event: Thinking about my career and future and feeling lost. _____

Emotions	% Now	% Goal	% After	Emotions	% Now	% Goal	% After
unhappy	30			Embarrassed	50		
Anxious	50			Hopeless	30		
Guilty	40			Frustrated	40		
Inadequate	50			Angry	20		
Lonely	50			Other Lost	50		

Negative Thoughts	% Now	% After	Distortions	Positive Thoughts	% Belief
1. I shouldn't have to deal with this again!	70				
2. I shouldn't have to use Self-Disclosure to feel better.	70				
3. Other people will think I'm a loser.	50				
4. I'm wasting my time.	50				
5. I don't have but shouldn't need other people to support me.	90				
6. I will not succeed.	50				
7. Other people would be happy to be in my position. I should be more satisfied.	80				
8. I'm weak.	80				
9. I should just jump in and not worry about all these things.	90				
10. I should be more like my sister and just go for it!	80				

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11. I'll be alone.	80			
12. I might choose the easier path again.	?			

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. <ul style="list-style-type: none"> • Mind-Reading. You assume that people are reacting negatively to you. • Fortune-Telling. You predict that things will turn out badly. 	10. Blame. You find fault instead of solving the problem. <ul style="list-style-type: none"> • Self-Blame. You blame yourself for something you weren't entirely responsible for. • Other-Blame. You blame others and overlook ways you contributed to the problem.

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