

Daily Mood Log* Page 1 of 2

Upsetting Event: My husband's ex-girlfriend married into a rich family and just moved into a beautiful \$600,000 house in Florida _____

Emotions	% Now	% Goal	% After	Emotions	% Now	% Goal	% After
Sad, blue, depressed, down, <u>unhappy</u>	100			Embarrassed, foolish, humiliated, self-conscious			
Anxious, worried, panicky, nervous, frightened				Hopeless, <u>discouraged</u> , pessimistic, <u>despairing</u>	90		
Guilty, remorseful, bad, ashamed				<u>Frustrated</u> , stuck, thwarted, defeated	100		
<u>Inferior</u> , worthless, inadequate, defective, incompetent	60			<u>Angry, mad, resentful, annoyed, irritated, upset, furious</u>	100		
Lonely, unloved, unwanted, rejected, <u>alone</u> , abandoned	50			Other: <u>Jealous</u>	90		

Negative Thoughts	% Now	% After	Distortions	Positive Thoughts	% Belief
1. She gets to live this happy life after how she's manipulated and treated people poorly for years.	100				
2. It's not fair I have to work so hard just to get by.	100				
3. While I'm at work, she's probably sitting by her pool enjoying life.	100				
4. She gets to enjoy a warm climate year-round, while I have to deal with the snow & the cold half the year.	100				
5. She has a better life than me.	80				

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Negative Thoughts	% Now	% After	Distortions	Positive Thoughts	% Belief
6. She's probably fooled everyone into thinking she's this great person.	90				

Checklist of Cognitive Distortions*

<p>1. All-or-Nothing Thinking. You view things in absolute, black-and-white categories.</p>	<p>6. Magnification and Minimization. You blow things out of proportion or shrink them.</p>
<p>2. Overgeneralization. You view a negative event as a never-ending pattern of defeat: "This <i>always</i> happens!"</p>	<p>7. Emotional Reasoning. You reason from your feelings: "I <i>feel</i> like an idiot, so I must really <i>be</i> one."</p>
<p>3. Mental Filter. You dwell on the negatives and ignore the positives.</p>	<p>8. Should Statements. You use shoulds, shouldn'ts, musts, oughts, and have tos.</p>
<p>4. Discounting the Positive. You insist that your positive qualities don't count.</p>	<p>9. Labeling. Instead of saying, "I made a mistake," you say, "I'm a jerk" or "I'm a loser."</p>
<p>5. Jumping to Conclusions. You jump to conclusions not warranted by the facts.</p> <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. 	<p>10. Blame. You find fault instead of solving the problem.</p> <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.