

Elizabeth's Initial Daily Mood Log* (page 1 of 2)

Upsetting Event: Pt calls, referred by someone, has several therapy episodes and wants to see me. I don't have any slots for three weeks to a month. They are a good candidate for TEAM-

Emotion Cluster	% Before	% Goal	% After	Emotion Cluster	% Before	% Goal	% After
Sad, depressed	40			Hopeless, discouraged	50		
Anxious, worried, panic	100			Frustrated	100		
Guilty, ashamed	90			Angry	95		

Negative Thoughts	% Before	% After	Distortions	Positive Thoughts	% Belief
1. I want to take this person they are a good candidate.	100		AON, MF, SH		
2. My schedule has to be full.	100		AON, MF, MAG., SH		
3. I can't miss this opportunity.	100		OV., FT., MF, SH		
4. I can work late for a couple of Saturdays	100		ER., SH		
5. I can't turn this person away	90		AON. OG, MF, JC, FT, MAG, SH		

Negative Thoughts	% Before	% After	Distortions	Positive Thoughts	% Belief
6. I never know now when my calendar will suddenly be empty	100		OG, MF, DP, JC, FT, ER,		
7. I need the pressure to function	100		JC, AON, FT, MAG, ER,		
8. I can work overtime not a big deal.	90		MIN, SH, ER,		
9. I have to work all I can now.	100		AON, OG, MF, JC, FT, MAG, SH		
10. The person is suffering; our work will probably help	90		JC, FT, MAG, SH		

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.