

Elizabeth's Completed 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	10	10	Hopeless, discouraged	50	0	0
Anxious, worried, panic	100	20	10	Frustrated	100	20	5
Guilty, ashamed	90	10	0	Angry	95	0	0

Negative Thoughts	% Before	% After	Distortions	Positive Thoughts	% Belief
1. I want to take this person they are a good candidate.	100	0	AON, MF, SH	I want to take this person and I may not be able to if they want to schedule immediately.	100
2. My schedule has to be full.	100	0	AON, MF, MAG., SH	No, my schedule does not need to be full all the time. I prefer it to be full most of the time.	100
3. I can't miss this opportunity.	100	10	OV., FT., MF, SH	Well, I don't like missing an opportunity most people do not. I will miss an opportunity occasionally. Stuff happens.	100
4. I can work late for a couple of Saturdays	100	0	ER., SH	It is true I can work late a couple of Saturdays if I choose to do so.	100
5. I can't turn this person away	90	0	AON. OG, MF, JC, FT, MAG, SH	I don't like turning a good candidate away. Sometimes I will refer someone out. if scheduling does not work.	100

Negative Thoughts	% Before	% After	Distortions	Positive Thoughts	% Belief
6. I never know now when my calendar will suddenly be empty	100	0	OG, MF, DP, JC, FT, ER,	Stop being absurd. My schedule will not suddenly become completely empty. It has a higher probability to be full.	100
7. I need the pressure to function	100	10	JC, AON, FT, MAG, ER,	I do not need pressure to function. I have functioned many times without pressure just fine.	100
8. I can work overtime not a big deal.	90	0	MIN, SH, ER,	I might work overtime if it does not conflict with my personal or family schedule	100
9. I have to work all I can now.	100	20	AON, OG, MF, JC, FT, MAG, SH	It is true, it is a good idea to work as much as possible, especially now. And I can choose when to work and when not	100
10. The person is suffering; our work will probably help	90	10	JC, FT, MAG, SH	Yes, people are suffering and working with them might help. And I can refer to someone else if needed.	100

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.