

Michelle's Daily Mood Log*

Upsetting Event or Moment: Lying in bed thinking about volunteering for the live therapy demonstration with David and Jill.

Emotions	% Now	% Goal	% After	Emotions	% Now	% Goal	% After
Down	40			Embarrassed, foolish, self-conscious	100		
Anxious, panicky	100			Discouraged	70		
Inferior, inadequate, incompetent	90			Frustrated, stuck	80		
Lonely	80			Angry, mad, resentful, annoyed, irritated, upset, furious	60		

Negative Thoughts	% Now	% After	Distortions	Positive Thoughts	% Belief
1. This is ridiculous. It's not even a problem!	100				
2. This won't be helpful to anyone.	100				
3. You're just taking up valuable time.	100				
4. Others' problems are way more important.	100				

5. People will think you're selfish and self-preoccupied.	100		AON OG MF DP MR FT MAG ER LAB SS SB		
6. They'll realize I don't know what I'm doing.	100				
7. In fact, I <i>don't</i> know what I'm doing!	100				
8. They'll wonder what my qualifications are.	100				
9. They'll think I'm stupid.	99				
10. I should be able to get over this!	100				
11. David and Jill and critical and judgmental.	40				
12. I should be able to do this for myself.	100				