

Daily Mood Log*

Upsetting Event: Going to peer support group for the first time

Emotions	% Now	% Goal	% After	Emotions	% Now	% Goal	% After
Sad, blue, depressed, down , unhappy	90	20	5	Embarrassed, foolish, humiliated, self-conscious	100	20	0
Anxious, worried, panicky , nervous, frightened	100	10	0	Hopeless, discouraged, pessimistic, despairing			
Guilty, remorseful, bad, ashamed				Frustrated , stuck, thwarted, defeated	90	10	0
Inferior , worthless, inadequate , defective, incompetent	100	5	0	Angry, mad, resentful, annoyed, irritated, upset , furious	100	10	0
Lonely, unloved, unwanted, rejected, alone, abandoned				Other			

Negative Thoughts	% Now	% After	Distortions	Positive Thoughts	% Belief
1. I will have nothing to say.	100		FT, AON, MF, SB, ER, DP		
2. They are all better therapists than me.	100	0	FT, JC, AON, MF, SB, OB, ER, OG, DP, SS	That's partly true. But in some areas, I have skills, too!	100
3. I really should not be here.	100		FT, AON, MF, OG, DP, SS, ER		
4. I will never feel comfortable in group situations.	100		FT, AON, MF, OG, DP, SS		
5. I have nothing to offer.	100	0	FT, JC, AON, MF, SB, OB, ER, OG, DP, SS	I may not have as much to offer as some of them, but I do have something to give. I have myself to give. I can be me.	100

Daily Mood Log (cont'd)

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.