

## 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, <b>down</b> , unhappy	90			Embarrassed, foolish, humiliated, <b>self-conscious</b>	100		
<b>Anxious, worried, panicky</b> , nervous, <b>frightened</b>	100			Hopeless, discouraged, pessimistic, despairing			
Guilty, remorseful, bad, ashamed				<b>Frustrated</b> , stuck, thwarted, defeated	90		
<b>Inferior</b> , worthless, <b>inadequate</b> , defective, incompetent	100			Angry, mad, resentful, annoyed, <b>irritated, upset</b> , furious	100		
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		FT, JC, AON, MF, SB, OB, ER, OG, DP, SS		
3. I really should not be here.	100		FT, AON, MF, OG, DP, SS		
4. I will never feel comfortable in group situations.	100		FT, AON, MF, OG, DP, SS		
5. I have nothing to offer.	100		FT, JC, AON, MF, SB, OB, ER, OG, DP, SS		

## Daily Mood Log (cont'd)

Checklist of Cognitive Distortions*	
<p><b>1. All-or-Nothing Thinking.</b> You view things in absolute, black-and-white categories.</p>	<p><b>6. Magnification and Minimization.</b> You blow things out of proportion or shrink them.</p>
<p><b>2. Overgeneralization.</b> You view a negative event as a never-ending pattern of defeat: "This <i>always</i> happens!"</p>	<p><b>7. Emotional Reasoning.</b> You reason from your feelings: "I <i>feel</i> like an idiot, so I must really <i>be</i> one."</p>
<p><b>3. Mental Filter.</b> You dwell on the negatives and ignore the positives.</p>	<p><b>8. Should Statements.</b> You use shoulds, shouldn'ts, musts, oughts, and have tos.</p>
<p><b>4. Discounting the Positive.</b> You insist that your positive qualities don't count.</p>	<p><b>9. Labeling.</b> Instead of saying, "I made a mistake," you say, "I'm a jerk" or "I'm a loser."</p>
<p><b>5. Jumping to Conclusions.</b> You jump to conclusions not warranted by the facts.</p> <ul style="list-style-type: none"> <li>• <b>Mind-Reading.</b> You assume that people are reacting negatively to you.</li> <li>• <b>Fortune-Telling.</b> You predict that things will turn out badly.</li> </ul>	<p><b>10. Blame.</b> You find fault instead of solving the problem.</p> <ul style="list-style-type: none"> <li>• <b>Self-Blame.</b> You blame yourself for something you weren't entirely responsible for.</li> <li>• <b>Other-Blame.</b> You blame others and overlook ways you contributed to the problem.</li> </ul>