Nazli's Daily Mood Log*

Upsetting Event or Moment: These are thoughts that are triggered when I am in a session with a patient.

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

Negative Thoughts	% Now	% After	Distortions	Positive Thoughts	% Belief
1. What if I miss psychopathology or make a wrong diagnosis? Then, I will make a mistake and harm the patient and making a mistake means I am bad. I should never make a mistake. **Emotion: Anxiety**	80		Should statement Fortune telling		
2. I am inadequate, I do not know what I am saying so the client will not be satisfied and will give negative feedback to my boss and I will be fired. **Emotion:** Anxiety, worry	80		Emotional reasoning Over-generalization Catastrophizing		
3. If I do not "fix" the client or make him/her satisfied, then he/will judge me negatively. He / she will think poorly about me **Emotion:** Worry	80		Fortune telling Mental filtering		

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	Negative Thoughts	% Now	% After	Distortions	Positive Thoughts	% Belief
4.	I have been in this profession for a long time, but I will never be good enough because of my anxieties and ruminations. I better quit this job. It is so hard to be good at it **Emotion:** Hopeless, sad	100		All or nothing thinking Fortune telling		
5.	If I do not do this profession adequately, then I better not do it at all	90		All or nothing		
6.	There are 3rd wave psychotherapies, what if Dr. Burns' approach is incomplete and do not take the third waves into consideration. Then, my training will be incomplete, and I will not be useful for the patient. Emotion: Doubt, anxiety	90		All or nothing		
7.	I cannot do a case formulation; it is hard and I do not have an adequate foundation. I must have a PhD to be adequate and not to make a mistake Emotion: Hopeless, sad	90		Should statement All or nothing		

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 *always* happens!"	7. **Emotional Reasoning.** You reason from your feelings: "I *feel* like an idiot, so I must really *be* 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. • **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. • **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.

Nazli's Positive Reframing Table*

Thought or Feeling List your negative thoughts or feelings, one by one, in this column.	Advantages and Core Values--Ask yourself • What are some advantages of this thought or feeling? How might it help, protect, or benefit me? • What does this negative thought or feeling show about me that is positive and awesome? How does it reflect my core values?
Anxious	
Bad, ashamed	

Inadequate	
Hopeless	
Angry	