

Daily Mood Log* Page 1 of 2

Nazli's Emotions Table from her Daily Mood Log following M = Methods portion of her session.

Emotions	% Now	% Goal	% After	Emotions	% Now	% Goal	% After
Sad, down, unhappy	70	30	5	Embarrassed, foolish, humiliated, self-conscious	70	10	0
worried, panicky, frightened	80	20	0-5	Hopeless	100	5	0
remorseful, ashamed	100	10	5	defeated			
inadequate	100	10	5	resentful, annoyed, furious	50	10	0
Lonely, unloved, rejected, alone				Other			