Daily Mood Log*

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Upsetting Event:

Emotions	% Before	% Goal	% After		Emotions	% Before	% Goal	% After
Sad blue depressed down unhappy				Embarrassed foolis	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				
Lonely _ unloved _ unwanted _ rejected _ alone _ abandoned_				Other				
					T			
Negative Thoughts	% Before	% Afte	r	Distortions	Positive Though	ts		% Belief
1.								
2.								
3.								
4.							+	
5.								

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Daily Mood Log (cont'd)

Negative Thoughts	% Before	% After	Distortions	Positive Thoughts	% Belief
6.					
7.					
8.					
9.					
10.					

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.			
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.	10. Blame. You find fault instead of solving the problem.			
Mind-Reading. You assume that people are reacting negatively to you.	Self-Blame. You blame yourself for something you weren't entirely responsible for.			
Fortune-Telling. You predict that things will turn out badly.	Other-Blame. You blame others and overlook ways you contributed to the problem.			

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