Daily Mood Log*

Client Name:

Upsetting Event:

Emotions	% Before	% Goal	% After	Emotions	% Before	% 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 ☐			
Lonely ☐ unloved ☐ unwanted ☐ rejected ☐ alone ☐ abandoned ☐				Other			

Negative Thoughts	% Before	% After	Distortions	Positive Thoughts	% Belief
1.					
2.					
3.					
4.					
5.					

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.
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.