# Daily Mood Log*

**Situation or Event:** _____

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

| Negative Thoughts | % Belief before | % Belief after | Distortions | Positive Thoughts | % Belief |
|---|---|---|---|---|---|
| **1.** | | | | **1.** | |
| **2.** | | | | **2.** | |
| **3.** | | | | **3.** | |
| **4.** | | | | **4.** | |

# Daily Mood Log (cont'd)

| Negative Thoughts | % Belief before | % Belief after | Distortions | Positive Thoughts | % Belief |
|---|---|---|---|---|---|
| **5.** | | | | **5.** | |
| **6.** | | | | **6.** | |
| **7.** | | | | **7.** | |
| **8.** | | | | **8.** | |

## Checklist of Cognitive Distortions [*]

| | |
|---|---|
| 1. All-or-Nothing Thinking. You look at things in absolute, black-and-white categories. | 6. Magnification or Minimization. You blow things way out of proportion or shrink them. |
| 2. Overgeneralization. You view a single negative event as a never-ending pattern of defeat. | 7. Emotional Reasoning. You reason from your feelings: "I feel like an idiot, so I must 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 Positives. You insist your positive qualities don't count. | 9. Labeling. Instead of saying, "I made a mistake," you tell yourself, "I'm a jerk" or "I'm a loser." |
| 5. Jumping to Conclusions. You jump to conclusions not warranted by the facts. <ul><li>Mind-Reading. You assume that people are reacting negatively to you.</li><li>Fortune-Telling. You predict that things will turn out badly.</li></ul> | 10. Self-Blame and Other-Blame. <ul><li>Self-Blame. You blame yourself for something you weren't entirely responsible for.</li><li>Other-Blame. You blame others and overlook ways you contributed to the problem.</li></ul> |