

## Daily Mood Log

Upsetting Event: \_\_\_\_\_

Emotions	% Before	% After	Emotions	% Before	% 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(describe)		

Negative Thoughts	% Before	% After	Distor- tions	Positive Thoughts	% Belief
1.					
2.					
3.					
4.					
5.					
6.					

### Checklist of Cognitive Distortions

1. All-or-Nothing Thinking	6. Magnification and Minimization
2. Over-generalization	7. Emotional Reasoning
3. Mental Filter	8. Should Statements
4. Discounting the Positive	9. Labeling
5. Jumping to Conclusions	10. Blame