

Daily Mood Log*

Upsetting Event: After dinner at a friend's house, my friend turned her back to me and didn't include me in the conversation. I got up and left.

Emotions	% Now	% Goal	% After	Emotions	% Now	% Goal	% After
Sad, blue, depressed, down, unhappy	95			Embarrassed, foolish, humiliated, self-conscious	100		
Anxious, worried, panicky, nervous, frightened	90			Hopeless, discouraged, pessimistic, despairing	80		
Guilty, remorseful, bad, ashamed	90			Frustrated, stuck, thwarted, defeated	80		
Inferior, worthless, inadequate, defective, incompetent	100			Angry, mad, resentful, annoyed, irritated, upset, furious	100		
Lonely, unloved, unwanted, rejected, alone	100			Other: Disappointed	100		

Negative Thoughts	% Now	% After	Distortions	Positive Thoughts	% Belief
1. Something has always been wrong with me. It will stay this way.	100				
2. I am unloved. I will never be loved, wanted, sought after.	100				
3. I don't belong anywhere.	100				
4. I was damaged forever by being molested. It's too late to fix it.	100				
5. There is nothing for me to live for.	90				
6. I don't have relationship skills. I'm too aggressive.	100				
7. I'm not a good therapist. My friends don't respect me as a professional.	80				
8. I never experience unconditional love.	100				
9. No matter how much responsibility I take, it's not good enough.	90				

Checklist of Cognitive Distortions*

<p>1. All-or-Nothing Thinking. You view things in absolute, black-and-white categories.</p>	<p>6. Magnification and Minimization. You blow things out of proportion or shrink them.</p>
<p>2. Overgeneralization. You view a negative event as a never-ending pattern of defeat: "This <i>always</i> happens!"</p>	<p>7. Emotional Reasoning. You reason from your feelings: "I <i>feel</i> like an idiot, so I must really <i>be</i> one."</p>
<p>3. Mental Filter. You dwell on the negatives and ignore the positives.</p>	<p>8. Should Statements. You use shoulds, shouldn'ts, musts, oughts, and have tos.</p>
<p>4. Discounting the Positive. You insist that your positive qualities don't count.</p>	<p>9. Labeling. Instead of saying, "I made a mistake," you say, "I'm a jerk" or "I'm a loser."</p>
<p>5. Jumping to Conclusions. You jump to conclusions not warranted by the facts.</p> <ul style="list-style-type: none"> • Mind-Reading. You assume that people are reacting negatively to you. • Fortune-Telling. You predict that things will turn out badly. 	<p>10. Blame. You find fault instead of solving the problem.</p> <ul style="list-style-type: none"> • 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.