

# Daily Mood Log

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**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	Distortions (FROM CHART, BELOW)	Positive Thoughts	% Belief
1.					
2.					
3.					
4.					

## Checklist of Cognitive Distortions

1. <b>All or Nothing Thinking.</b> You view things in absolute, black-and-white categories.	6. <b>Magnification and Minimization.</b> You blow things out of proportion or shrink them.
2. <b>Overgeneralization.</b> You view a negative event as a never-ending pattern of defeat: "This <b>always</b> happens!"	7. <b>Emotional Reasoning.</b> You reason from your feelings: "I feel like an idiot, so I must really be one."
3. <b>Mental Filter.</b> You dwell on the negatives and ignore the positives.	8. <b>Should Statements.</b> You use shoulds, shouldn'ts, musts, oughts, and have tos.
4. <b>Discounting the positive.</b> You insist that your positive qualities don't count.	9. <b>Labeling.</b> Instead of saying, "I made a mistake," you say, "I'm a jerk" or "I'm a loser."
5. <b>Jumping to Conclusions.</b> You jump to conclusions not warranted by the facts. a. <b>Mind-Reading.</b> You assume that people are reacting negatively to you. b. <b>Fortune-Telling.</b> You predict that things will turn out badly.	10. <b>Blame.</b> You find fault instead of solving the problem. a. <b>Self-Blame.</b> You blame yourself for something you weren't entirely responsible for. b. <b>Other-Blame.</b> You blame others and overlook ways you contributed to the problem.



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Upsetting Event: *Thinking about my abortion*

**EXAMPLE**

Emotions	% Before	% After	Emotions	% Before	% After
Sad, blue, depressed, down, unhappy	100%	40	Embarrassed, foolish, humiliated, self-conscious	100%	30
Anxious, worried, panicky, nervous, frightened	80%	20	Hopeless, discouraged, pessimistic, despairing	100%	0
Guilty, remorseful, bad, ashamed	100%	20	Frustrated, stuck, thwarted, defeated	80%	10
Inferior, worthless, inadequate, defective, incompetent	100%	0	Angry, mad, resentful, annoyed, irritated, upset, furious	100%	0
Lonely, unloved, unwanted, rejected, alone, abandoned	100%	20	Other (describe)		

Negative Thoughts	% Before	% After	Distortions (FROM CHART, BELOW)	Positive Thoughts	% Belief
1. <i>I deserve to suffer forever because I killed my child.</i>	100%	0	1, 2, 3, 5b, 6, 10a	<i>I made a mistake.</i>	90
2. <i>I shouldn't have had an abortion.</i>	100%	0	8	<i>What can I learn from this?</i>	100
3. <i>I'm a worthless human being.</i>	100%	0	1, 2, 4, 6, 7, 9	<i>I don't think of other people as worthless.</i>	100
4. <i>I'll be depressed forever.</i>	100%	0	1, 2, 3, 6	<i>I am a 'work in progress'.</i>	100

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