Daily Mood Log

Step One: Describe the upsetting event: _____

_____

Step Two: Record your negative feelings – and rate each one from 0 (least) to 100 (most). Use words like sad, anxious, angry, guilty, lonely, hopeless, frustrated, etc.

EMOTION	RATING	EMOTION	RATING	EMOTION	RATING
1.		3.		5.	
2.		4.		6.	

Step Three: The triple-column technique

Automatic Thoughts Write your negative thoughts and estimate your belief in each one (0-100)	Distortions Identify the distortions in each Automatic Thought.	Rational Response Substitute more realistic thoughts and estimate your belief in each one (0-100)

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Automatic Thoughts	Distortions	Rational Response

Step Four: Outcome – Re-rate your belief in each Automatic Thought from 0-100 and put a check in the box that describes how you feel now.

[ ] not at all better   [ ] somewhat better   [ ] Quite a bit better   [ ] a lot better

Checklist of Cognitive Distortions:

1. <u>All or Nothing Thinking</u>: You look at things in absolute, black-and-white categories.
2. <u>Overgeneralization</u>: You view a negative event as a never-ending pattern of defeat.
3. <u>Mental Filter</u>: You dwell on the negatives and ignore the positives.
4. <u>Discounting the Positives</u>: You insist that your accomplishments or positive qualities "don't count."
5. <u>Jumping to Conclusions</u>: (A) <u>Mind Reading</u>: You assume that people are reacting negatively to you when there's no definite evidence for this; (B) <u>Fortune Telling</u>: You arbitrarily predict that things will turn out badly.
6. <u>Magnification or Minimization</u>: You blow things way up out of proportion or you shrink their importance inappropriately.
7. <u>Emotional Reasoning</u>: You reason from how you feel: "I *feel* like an idiot, so I really must be one." Or "I don't *feel* like doing this, so I'll put it off."
8. <u>Should Statements</u>: You criticize yourself or other people with "should's" or "shouldn't's." "Must's," "ought's," "have to's" are similar offenders.
9. <u>Labeling</u>: You identify with your shortcomings. Instead of saying, "I made a mistake," you tell yourself, "I'm a jerk," or "a fool," or "a loser."
10. <u>Personalization and Blame</u>: you blame yourself for something you weren't entirely responsible for, or you blame other people and overlook ways that your own attitudes and behavior might contribute to a problem.