

Date: _____

Name (first initial only) _____

DAILY MOOD LOG

1. Describe the upsetting event, date, time:

2. Record your negative feelings. Rate each one from 0 (the least) to 100 (the most). Use words like *angry, guilty, sad, anxious, lonely, hopeless, frustrated.*

Emotion	Rating before	Rating after

The Cognitive Distortions	
Distortion type	Characteristics of this type of distortion
1. All or nothing thinking	You look at things in absolute, black-and white categories
2. Overgeneralization	You view a negative event as a never-ending pattern of defeat.
3. Mental filter	You dwell on the negatives and ignore the positives.
4. Discounting the positives	You insist that your accomplishments or positive qualities "don't count."
5. Mind reading	You assume that people are reacting negatively to you when there's no definite evidence for this
6. Fortune telling	You arbitrarily predict that things will turn out badly.
7. Magnification or minimization	You blow things up way out of proportion or you shrink their importance inappropriately.
8. Emotional reasoning	You reason from how you feel. "I <i>feel</i> like an idiot, so I really must be one." Or, "I don't <i>feel</i> like doing it, so I'll put it off."
9. "Should" statements	You criticize yourself or others people with "shoulds" or "shouldn'ts." "Musts," "oughts," and "have tos" are similar offenders.
10. Labeling	You identify with your shortcomings. Instead of saying, "I made a mistake," you tell yourself, "I'm a jerk," "a fool," "a loser."

3. The Triple Column Technique

Automatic Thoughts Write your negative thoughts and estimate your belief in each one.	% belief (in automatic thought)	% belief (after)	Distortions (Identify the distortions in each Automatic Thought (see list above))	Rational Response Substitute more realistic thoughts & estimate your belief in each one.	% belief (in rational response)

4. Outcome: Re-rate your belief in each automatic thought from 0 to 100. How do you feel now? Highlight one.

Not at all better Somewhat better Quite a bit better A lot better