

Daily Mood Log*

Situation or Event: _____

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

Negative Thoughts	% Belief before	% Belief after	Distortions	Positive Thoughts	% Belief
1.				1.	
2.				2.	
3.				3.	
4.				4.	

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Daily Mood Log (cont'd)

Negative Thoughts	% Belief before	% Belief after	Distortions	Positive Thoughts	% Belief
5.				5.	
6.				6.	
7.				7.	
8.				8.	

Checklist of Cognitive Distortions *

1. All-or-Nothing Thinking. You look at things in absolute, black-and-white categories.	6. Magnification or Minimization. You blow things way out of proportion or shrink them.
2. Overgeneralization. You view a single negative event as a never-ending pattern of defeat.	7. Emotional Reasoning. You reason from your feelings: "I feel like an idiot, so I must be one."
3. Mental filter. You dwell on the negatives and ignore the positives.	8. Should Statements. You use "shoulds," "shouldn'ts," "musts," "oughts," and "have tos."

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Huangqi Zhang

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the name bar.

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