|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Mood Journal | | | | | | | | |
| Upsetting Event: |  | | | | | | | |
|  | | | | | | | | |
| Emotions | | % Now | % Goal | % After | Emotions | % Now | % Goal | % 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, overwhelmed |  |  |  |
| Inferior, worthless, inadequate, defective, incompetent | |  |  |  | Angry, mad, resentful, annoyed, irritated, upset, furious |  |  |  |
| Lonely, unloved, unwanted, rejected, alone, abandoned | |  |  |  | Other: |  |  |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Automatic Negative Thoughts (ANTs) | % Now | % After | Distortions | Alternate Thoughts (Turnarounds) | % Belief |
|  |  |  |  | <KEEP PRESSING THE *Tab* KEY TO ADD MORE LINES TO THIS TABLE> |  |

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| Checklist of Cognitive Distortions | |
| 1. All-or-Nothing Thinking. You view things in absolute, black-and-white categories. | 6. Magnification and Minimization. You blow things out of proportion or shrink them. |
| 2. Overgeneralization. You view a negative event as a never-ending pattern of defeat: “This *always* happens!” | 7. Emotional Reasoning. You reason from your feelings: “I *feel* like an idiot, so I must really *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. |
| 4. Discounting the Positive. You insist that your positive qualities don’t count. | 9. Labeling. Instead of saying, “I made a mistake,” you say, “I’m a jerk” or “I’m a loser.” |
| 5. Jumping to Conclusions. You jump to conclusions not warranted by the facts.   * Mind-Reading. You assume that people are reacting negatively to you. * Fortune-Telling. You predict that things will turn out badly. | 10. Blame. You find fault instead of solving the problem.   * 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. |