

Mood Log

Triggering Event - When, where, and who was I with:

Upsetting Emotions (rate 0-100%):

Anxious		Worried		Nervous		Afraid	
Sad		Down		Discouraged		Hopeless	
Inadequate		Inferior		Worthless		Self-conscious	
Lonely		Alone		Abandoned		Rejected	
Embarrassed		Ashamed		Guilty		Humiliated	
Frustrated		Stuck		Upset		Overwhelmed	
Angry		Annoyed		Irritated		Resentful	
Stressed		Pressured		Overloaded		Burned Out	
Other:							

Negative Thoughts (rate how much you believe the thought 0-100%):

Be very brief! Do not put facts, feelings, or questions.

	Believe 0-100	After p2, Re-rate!
1.		
2.		
3.		
4.		

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5.		
6.		
7.		
8.		
9.		
10.		

Steps to crushing a negative thought:

1. Write out your thoughts and feelings about ONE moment in time.
2. Choose just ONE thought to start with.
3. Look for the thinking errors in that thought using various tools, start with finding the distortions*.
4. Restate your thought 100% truthfully.
5. Weigh the new thought against old negative thought!
6. Try more methods and tools till you crush it! (usually 20% or less)
7. Practice using the new thought and repeat steps 3 to 7 with OTHER Negative Thoughts.

*10 Cognitive Distortions by Dr. David Burns

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|---|--|
| <ol style="list-style-type: none"> 1. All or nothing (Black & White) 2. Over-generalization 3. Negative Mental Filter 4. Discounting the Positive 5. Jumping to conclusions
(Fortune Telling & Mind Reading) | <ol style="list-style-type: none"> 6. Magnification or Minimization
(Catastrophizing) 7. Emotional Reasoning 8. Shoulds & Musts 9. Labeling (Personalization) 10. Blame – Self or Other |
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*For more tools see, "The Truth Will Set You Free" by Angela Poch or one of Dr. David Burns books such as "Feeling Great" or "When Panic Attacks" or check out his free podcasts with over 50 tools explained, www.feelinggood.com.

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Restate EACH of my negative thoughts to be more truthful, helpful, and less painful:

Using the 7 Step's to crush a negative thought, rewrite the NEW thought below. You must believe the new thought 100% and it needs to reduce the corresponding Negative Thought from page 1 to 30% or lower.

1.
2.
3.
4.
5.
6.
7.
8.
9.
10.

If you are experiencing severe depression, suicidal thoughts, or other mental health issue, please seek professional help. Coaching is not a substitute for therapy!