

THE DAILY MOOD LOG*

STEP ONE: DESCRIBE THE UPSETTING EVENT _____

STEP TWO: RECORD YOUR NEGATIVE FEELINGS—and rate each one from 0 (the least) to 100 (the 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	Distortions	Rational Responses
Write your negative thoughts and estimate your belief in each one (0–100).	Identify the distortions in each Automatic Thought.	Substitute more realistic thoughts and estimate your belief in each one (0 and 100).