DAILY MOOD LOG (Continued)

Negative Thoughts	Distortions	Positive Thoughts
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DISTORTED THINKING*

- 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. Jumping to conclusions: You conclude things are bad without any definite evidence.
 - (a) Mind reading: You assume people are reacting negatively to you.
 - (b) Fortune-telling: You predict that things will turn out badly.
- 6. Magnification or minimization: You blow things way out of proportion or you shrink their importance.
- 7. Emotional reasoning: You reason from how you feel: "I feel like an idiot, so I must be one."
- 8. "Should" statements: You criticize yourself or other people with "shoulds," "shouldn'ts," "musts," "oughts," and "have-tos."
- 9. Labeling: Instead of saying, "I made a mistake," you tell yourself, "I'm a jerk" or "a loser."
- 10. Blame: You blame yourself for something you weren't entirely responsible for, or you blame other people and overlook ways that you contributed to a problem.

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