

The Depression Solution

Handout 3.6: My Mood Log

Use the following log to track your mood and emotions, identifying the beliefs and behaviors that result.

Mood Analysis	
Negative Emotions	Positive Emotions
Strength of Negative Emotions <hr/> 1 2 3 4 5 6 7 8 9 10 Low High	Strength of Positive Emotions <hr/> 1 2 3 4 5 6 7 8 9 10 Low High
Identify Negative Beliefs	Challenge With Positive Beliefs
Cognitive Distortion	Challenge to the Cognitive Distortion
Certainty of Your Beliefs <hr/> 1 2 3 4 5 6 7 8 9 10 Low High	Certainty of Your Beliefs <hr/> 1 2 3 4 5 6 7 8 9 10 Low High
Unhealthy Behaviors	Healthy Behaviors
Cost/Benefit Analysis: Unhealthy Coping	Cost/Benefit Analysis: Healthy Coping
My Conclusions and Goals	