

	Mood	Intensity (1-10)	Events	Negative Thoughts	Positive Thoughts
Example	Depressed Happy Anxious	4 3 6	Criticized by Friend Went to see a movie Got my credit card bill	"I just can't do anything right" "Nice to get my mind off things" "If I don't get out of debt, I'm in trouble"	"I will get better!" "The movie was great" "I'm going to be out of debt in 6 months"
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					