

List of Situations, Moods and Thoughts



Below are a list of situations, moods and thoughts. For each example, check the appropriate box.

Examples	Situation	Mood	Thought
1. She's never seen anybody as pathetic as me.			
2. Watching TV.			
3. Feeling self-confident.			
4. Why am I the hardest on myself?			
5. I know something bad is going to happen.			
6. Feeling assertive.			
7. Losing my favorite earring.			
8. Feeling proud.			
9. I deserve better.			
10. Being criticized by my family.			
11. Feeling hopeful.			
12. Forgetting to keep an appointment.			
13. I can do this one step at a time.			
14. Making arrangements to go on a walk with a friend.			
15. Life will never be like it used to be. I've made too many mistakes.			
16. Feeling relaxed.			
17. Taking a shower.			
18. Remembering a bad time in my childhood.			
19. Paying a bill.			
20. I know they are saying bad things about me.			
21. I hate myself for being like this.			
22. Writing in a private journal.			
23. I can do some things really well, and there are other things that I need to improve on.			
24. It's my own fault.			
25. Speaking on the phone to my children.			
26. At my child's school.			
27. I can be patient with myself.			
28. Feeling determined.			
29. She always tries making herself look better than me.			
30. Sticking up for myself when I feel put down.			