

<p>Event Mom yells at me for not acting in a specific way to a guest-questioning my behavior</p>			
<p>Thoughts “I’m a bad person for yelling at my mom” “Mom never validates me or my concerns” Questioning self- Am I crazy? What is wrong with me?</p>		<p>More Helpful Thoughts</p>	
<p>Emotion(s) Sad, angry, disappointed, devastated, powerless, feel judged/attacked, butchered</p>		<p>Preferred Emotion(s)</p>	
<p>Behavior Response(s) Defend self to mom- address her concerns/ correct/ rebutting mom Yell at mom- retaliate; defend self/attack mom Physically withdraw from situation; Lock self in the room- don’t eat for hours; stay up late watching tv</p>		<p>More Helpful Behavior Response(s)</p>	
<p>Outcome Feel drained, unresolved with mom Have to prove not a bad person Feeling hopeless</p>		<p>Desired Outcome</p>	

Weekly Mood Log

Some women find that keeping a weekly log helps them to notice patterns in their moods.

Date	Mood 1—10 1 = extremely depressed/down 10 = no depression	Notes
Example: 6/5/08	4	Argued with John about money. Took a walk.
MON		
TUE		
WED		
THU		
FRI		
SAT		
SUN		

Using the Mood and Activity Log

The Model:

Antecedents → **Behaviours** → **Consequences**

Antecedents are contextual events that lead to behaviours.

Behaviours are the actions the client takes. These actions can be active or passive (doing nothing, ruminating).

Consequences are the results of the behaviours, and can be the client's mood, or the functional consequence of the behaviour.

Exploring mood tracking log and weekly activities

It is important to know what things are going on in your environment that contribute to negative mood (e.g., staying at home and dwelling on negative life circumstances), and then test different actions that may improve her mood and meet life goals (e.g., taking a break from obligations to get needed respite; engaging in pleasurable or reinforcing activity).

Refer back to the **ABC model**. What environmental factors are involved in how you are feeling? How are you responding to these environmental factors that may be maintaining negative feelings?

Pay attention to **depression loops**, or times when attempts to cope with difficult or depressing feelings makes the depression worse. Try to identify behaviors that worsened mood (e.g., escape, avoidance behaviours, rumination) and to implement alternative coping strategies.

When reviewing Mood Log, look for:

- Variations in mood
- Lack of variations in mood
- Difficult times of day
- Easier times of day
- Difficult situations or activities
- Enjoyable situations or activities
- Depression loops