

Daily Mood Log 2 – Replacing Automatic Thoughts

After completing Log 1 for each event, complete Log 2, replacing negative thoughts with beliefs that serve you better.

<i>Date</i>	<i>Automatic Thoughts</i>	<i>Thinking Error/s (1-10)</i>	<i>Adapted Thoughts</i>

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Based on David D. Burns, MD., [The Feeling Good Handbook](#)