

# Mood Record

**Situation : “ My friend stood me up at the movie theatre”**

**Mood : Depressed (9)**

<b>Automatic thought</b>	<b>Distortion</b>	<b>Evidence For</b>	<b>Evidence Against</b>	<b>Alternate Thought</b>
<b>“My friend hates me” (80%)</b>	<b>Catastrophizing</b>	<b>My friend did not show up</b>	<b>This is the first time this has happened. We have not been arguing about anything.</b>	<b>My friend forgot because he is stressed. (80%) An emergency came up. (60%)</b>

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**Mood:**

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