



UNPLEASANT EVENTS CALENDAR

Be aware of an unpleasant event at the time it is happening. Use the following questions to focus your awareness as it is happening. Write it down later.

What was the experience?	Were you aware of the unpleasant feelings while the event was happening?	How did your body feel, in detail, during this experience?	What moods and feelings were present?	What thoughts were present?
<i>E.g.: Waiting for the cable company to come out and fix our line. Realize that I am missing an important meeting at work.</i>	<i>Yes</i>	<i>Temples throbbing, tightness in my neck and shoulders, pacing back and forth</i>	<i>Angry, helpless</i>	<i>"Is this what they mean by service?" "This is one meeting I didn't want to miss."</i>
Date:				
Date:				
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