



### **PLEASANT EVENTS CALENDAR**

Be aware of a pleasant 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 pleasant 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 you aware of during the event?
<i>E. g. Heading home at the end of the shift– stopping, hearing a bird sing.</i>	Yes	<i>Lightness across the face, aware of shoulders dropping, uplift of corners of mouth.</i>	<i>Relief, pleasure,</i>	<i>“That’s good,” “How lovely (the bird),” “It’s so nice to be outside. ”</i>
Date:				
Date:				
Date:				



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**mindspace**

Psychology Services