

## *Awareness of Unpleasant Events Calendar*

**Instructions:** Between now and our next class, become aware of one unpleasant event or occurrence each day, **as it is happening**. At a later time, use the chart below to record in detail what it was and your experience of it.

	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? <i>(Describe the sensations you felt)</i>	What moods, feelings and thoughts accompanied this event <b>at the time?</b>	What thoughts are in your mind <b>now</b> as you write about this event?
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					