

## Awareness of a Difficult or Stressful Communication Calendar

Describe the communication. With Whom? Subject?	How did the difficulty come about?	What did you really want from the person or situation?	What did the other person(s) want? What did they actually get?	How did you feel during and after this time?	Is the issue resolved or unresolved?
MONDAY					
TUESDAY					
WEDNESDAY					

## Awareness of a Difficult or Stressful Communication Calendar cont'd

	Describe the communication. With Whom? Subject?	How did the difficulty come about?	What did you really want from the person or situation?	What did the other person(s) want? What did they actually get?	How did you feel during and after this time?	Is the issue resolved or unresolved?
THURSDAY						
FRIDAY						
SATURDAY						
SUNDAY						

Adapted from: Kabat-Zinn, J. (2013) Full Catastrophe Living: Dell Publishing, New York.