

## Awareness of Unpleasant Events Calendar

Name: \_\_\_\_\_

As best you can be aware of the unpleasant event as it is happening. Use the questions below to help you focus on the details of the experience as it is happening. Plan to write it here 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, feelings, and thoughts accompanied this event?	What thoughts are in your mind now as you write down this event?
<i>Example: running late for work and getting stuck at road construction</i>	<i>Oh, yeah.</i>	<i>Hands gripped steering wheel, face and jaw tight, eyes squinty, back like a rod, whole body tense.</i>	<i>I thought "Stupid time to fix the road during rush hour." Angry. Afraid "She's going to fire me." No relief.</i>	<i>I can't keep feeling this way, it's going to kill me. What good does it do? I'll get there when I get there.</i>
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				

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

### Awareness of Unpleasant Events Calendar cont'd

Name: \_\_\_\_\_

As best you can be aware of the unpleasant event as it is happening. Use the questions below to help you focus on the details of the experience as it is happening. Plan to write it here 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, feelings, and thoughts accompanied this event?	What thoughts are in your mind now as you write down this event?
FRIDAY				
SATURDAY				
SUNDAY				