

## Awareness of Unpleasant Events Calendar

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 <i>while</i> 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 about this event?
<b>Example:</b> <i>Running late for work, stuck in traffic.</i>	<i>Oh, yes.</i>	<i>Hands gripped steering wheel, face &amp; jaw tight, eyes squinting, shoulders tight.</i>	<i>Angry. "Stupid time to fix the road." Anxious. "My boss will be mad."</i>	<i>Getting upset doesn't move traffic any faster. I can't keep feeling this stressed.</i>
<b>MONDAY</b>				
<b>TUESDAY</b>				
<b>WEDNESDAY</b>				
<b>THURSDAY</b>				

## Awareness of Unpleasant Events Calendar

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 pleasant feelings <i>while</i> 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 about this event?
<b>Example:</b> <i>Running late for work, stuck in traffic.</i>	<i>Oh, yes.</i>	<i>Hands gripped steering wheel, face &amp; jaw tight, eyes squinting, shoulders tight.</i>	<i>Angry. "Stupid time to fix the road." Anxious. "My boss will be mad."</i>	<i>Getting upset doesn't move traffic any faster. I can't keep feeling this stressed.</i>
<b>FRIDAY</b>				
<b>SATURDAY</b>				
<b>SUNDAY</b>				

Adapted from: Kabat-Zinn, J. (1990) Full Catastrophe Living: Dell Publishing, New York.