

### AWARENESS OF UNPLEASANT EVENTS CALENDAR \*

	What was the unpleasant 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 at the time?	What thoughts are in your mind now as you write this down?
<b>Saturday</b>					
<b>Sunday</b>					
<b>Monday</b>					
<b>Tuesday</b>					
<b>Wednesday</b>					
<b>Thursday</b>					
<b>Friday</b>					

\* Full Catastrophe Living, Jon Kabat-Zinn