Pleasant Events Log

Be aware of a pleasant event at the time it is happening. Use the questions in each column to focus your awareness on the details of the experience as it is happening. Include your reflections as you write it down, as noted in the last column. Please record one pleasant event each day for six days and bring your completed log to our Session 3 meeting.

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| **What was the pleasant experience?**  (record in one sentence) | **How did your body feel, in detail, during this experience?** | **What moods and emotions were present?** | **What thoughts were present?** | **Any reflections as you write this down?** |
| *Drinking a cup of coffee in the morning on my balcony, listening to the birds sing* | *Warmth in chest, relaxation in body, pleasant scent and smell of coffee, upturn of lips* | *Pleasure, peace* | *I’m so happy I woke up early for this.* | *I should do this more often and savour the experience.* |
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