Unpleasant Events Log

Be aware of an unpleasant 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 unpleasant 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?** |
| *Stuck in traffic* | *Tension in chest, sweating, hands clenched, holding breath* | *Frustrated, angry* | *I can’t believe I have to put up with this every day. I need to change my life.* | *Maybe I can try leaving a few minutes earlier tomorrow to see if it helps.* |
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