

Awareness of Pleasant Events Calendar

As best you can, be aware of the pleasant 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?
Example: <i>Saw a butterfly on a bush.</i>	<i>Not at first, but then fairly quickly.</i>	<i>I felt myself smile, jaw was loose, shoulders dropped. Lighter.</i>	<i>Surprise. Joy. "Look how colorful the butterfly is!"</i>	<i>It was a small thing, but it broke the tense mood I was in, felt like a moment's rest.</i>
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				

Awareness of Pleasant Events Calendar, cont.

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FRIDAY				
SATURDAY				
SUNDAY				

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