

Awareness of Pleasant Events Calendar

Name: _____

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 down this event?
Example: <i>brushing my teeth this morning.</i>	<i>Not right at first, but then fairly quickly.</i>	<i>My face relaxed, jaw loosened, shoulders dropped. Lighter.</i>	<i>Surprise. "Brush feels good on my gums." I laughed. "You look silly with a foaming mouth!"</i>	<i>It was a small thing, but it broke the tense mood I was in-like a moment's rest.</i>
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				

Awareness of Pleasant Events Calendar (cont'd)

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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 down this event?
FRIDAY				
SATURDAY				
SUNDAY				