

Unpleasant Event Calendar

Bring awareness to an unpleasant experience as it is happening each day this week. Later, use this calendar to note what it was and what you noticed.

What was the “event”?	Were you aware of the unpleasant feelings <i>while</i> the event was happening?	What sensations did you notice and where did you feel them in your body during this experience?	What thoughts and/or emotions accompanied this experience?	What thoughts are in your mind now as you write about this experience? What do you notice in your body?
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Adapted from 2012 Jon Kabat-Zinn, *Full Catastrophe Living, 2nd edition, Random House, NY*