

Difficult Communication Calendar

Describe the communication. With whom? Subject?	How did the difficulty come come about?	What did you really want from the person or situation? What did you actually get?	What did the other person want? What did they actually get?	How did you feel during and after this experience?
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Adapted from *Full Catastrophe Living* by Jon Kabat-Zinn, PhD.