Informal Practice Log (Unpleasant Events Calendar) – Week 3

What was the experience?	Were you aware of the unpleasant feelings *while* the event was happening?	How did your body feel, in detail, during this experience?	What moods, feelings, and thoughts accompanied this event?	What thoughts, sensations, emotions do you notice now as you write this down?
EXAMPLE *Waiting for the cable company to come fix our line. Realize that I am missing an important meeting.*	*Yes.*	*Temples throbbing, tightness in my neck and shoulders, pacing back and forth.*	*Angry, helpless, frustrated. "Is this what they mean by service?" "Those #$!@$#!! – I can't afford to miss this meeting!"*	*I hope I don't have to go through that again soon. Mild anxiousness, tightness in stomach.*