

Difficult Communications Log

Instructions: For one week be aware of communications with others that present difficulty for you. Be aware of judging vs. observing.

	What was the interaction?	What emotions were apparent to you during this interaction?	How did your body feel during the experience? Describe the sensations you felt.	What thoughts accompanied the event?	How did mindful awareness help or <i>how might it have helped</i> you through this difficult communication?
Monday					
Tuesday					
Wednesday					
Thursday					

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Friday					
Saturday					
Sunday					
Monday					

