

Unpleasant Events Log

Instructions: For one week be aware of one unpleasant event or occurrence each day, while it is happening. Later, record the experience on this form.

	Describe or identify the experience	Were you aware while it was happening?	What were your body sensations during the experience?	What emotions and thoughts accompanied the event?	What thoughts are in mind now , while you write this down?
Monday					
Tuesday					
Wednesday					
Thursday					

Unpleasant Events Log

Instructions: For one week be aware of one unpleasant event or occurrence each day, while it is happening. Later, record the experience on this form.

	Describe or identify the experience	Were you aware while it was happening?	What were your body sensations during the experience?	What emotions and thoughts accompanied the event?	What thoughts are in mind now , while you write this down?
Friday					
Saturday					
Sunday					
Monday					