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**Informal Practice Log (Pleasant Events Calendar) – Week 2**

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| **What was the experience?** | **Were you aware of the pleasant 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***Heading home after work – stopping, hearing a bird sing. | Yes. | Lightness across the face, aware of shoulders dropping, uplift of corners of mouth. | Relief, pleasure, “That’s good”, “Pretty song”, “it’s so nice to be outside”. | It’s such a small thing but I’m glad I noticed it. I get a warm feeling and a tingling in my body.. |
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| *7th day & beyond is optional* |  |  |  |  |