

Informal Practice Log (Pleasant Events Calendar) – Week 2

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