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**Informal Practice Log (Unpleasant Events Calendar) – Week 3**

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| **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. |
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| *7th day & beyond is optional* |  |  |  |  |