|  |  |
| --- | --- |
|  | © 2015 [Palouse Mindfulness](https://palousemindfulness.com/). |

**Informal Practice Log (Communication Calendar) – Week 6**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Describe this communication.**  **With whom? Subject?** | **What did you want from them and/or how did you want to be treated?** | **What did you actually get (in terms of outcome and treatment)?** | **What do you think the other person wanted? What did they actually get (outcome/treatment)?** | **How did you feel (physically & emotionally)**  **during and after?** | **What do you notice NOW (physical/emotional/mental) as you recall this communication?** |
| ***EXAMPLE***  Called phone company about changing my phone plan, this was the 3rd time I was transferred. | I wanted her to change my plan, to take responsibility, to be sympathetic and understanding. | I was told I had to talk to someone else and I was transferred a 4th time. She was unsympathetic, even rude. | To have me talk to someone else, for me not to be upset. She got me to agree to talk to someone else, but I remained irritated and upset. | Tight stomach, shoulders, angry at her and all the time it was taking. Better, once I got to right person. | At first, tightness, but then uneasiness in stomach – feel a little sheepish for being so angry at someone only trying to do their job. |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
| *7th day & beyond is optional* |  |  |  |  |  |