Informal Practice Log (Unpleasant Events Calendar) – Week 4

Date of Reflection	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?
17/09/2016	EXAMPLE Mum had a bad morning and was acting out, and I felt helpless to do anything.	Yes.	Temples throbbing, tightness in my neck and shoulders.	Angry, helpless, frustrated. "Why can't I catch a break? – I'm doing the best I can!"	I wish I was appreciated. Mild anxiousness, tightness in stomach.