Be aware of an unpleasant event at the time it is happening. Use the following questions to focus you awareness on the details of the experience as it is happening. Write it down as soon as possible.

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| **Day** | **What was the experience?** | **How did your body feel, in detail, during the experience?** | **What thoughts and images accompanied this event? (Write thoughts in words, describe images).** | **What moods, feelings, and emotions accompanied this event?** | **What thoughts are in your mind now as you write this down?** |
| *Monday* | *Example:*  Queuing up at the post office and somebody pushes in front of me. | Tightness around the back of my neck, jaw clenched, shoulders sort of slumped. | ‘I should be firm.’ ‘Some people only look after themselves.’ ‘If I were not so invisible people would not push me around.’ | I felt angry and taken advantage of. Then I felt guilty for not standing up for myself. | ‘If something seems unfair, I always blame myself.’ |
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