**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 later.**

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| **Day** | **What was the experience?** | **How did your body feel, in detail, during the experience?** | **What moods and feelings accompanied this event?** | **What thoughts went through your mind?** | **What thoughts are in your mind now as you write this down?** |
| *Monday* | *Example:*  *Waiting in a queue at the post office and realising that I am going to be late.* | *Temples throbbing, the tightening of muscles around my jaw, neck and shoulders.* | *Annoyed and a little bit angry.* | *‘Why don’t I ever give myself enough time, why does the person in front of me always want something convoluted, and why are these staff so inefficient’.* | *‘It seems such a trivial thing to get annoyed about, but it is not an experience I want to go through again’.* |
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