

Unpleasant Moments Calendar

Be aware of at least ONE unpleasant moment every day. If possible, be aware of the moment while it is occurring. Record your observations below (use the back if needed):

DATE	What was the unpleasant event / experience?	What emotions did you feel? (Were you aware of them at the time? Y/N)	How did your body feel?	What thoughts went with the experience?	What are your thoughts now, as you write this?
Monday March 1	Finola Dsouza said: ~ <i>"I deserve love and help without even needing to ask"</i> ~ during our video call session.	Sad (Y)	-Took a deep breath. -Loosening muscles surprise.	- "I compartmentalized my thoughts away the moment she asked me my thoughts" – just the slight context switching of her asking again was enough to disrupt the fragile state of awareness of sadness.	<ul style="list-style-type: none"> - "I am being 'clinically distant' now where I feel safest, where I'm not permitting myself to feel this, or all unpleasant emotions". - My strong tendency 'objectivity' / 'impartiality' / 'patience' is fueled by ↑ above historic tendency. - I previously called my 'real childhood role-model' Jean-Luc Picard as 'non-empathetic' because of his 'seeming cold distant nature' until someone pushed back in objection; now I'm spurred to reverify the definition of empathy critically and very carefully. - "I have always habitually 'retreated' / 'escaped' into 'analysis' of 'small' details to avoid feeling unpleasant emotions". - "I'm desperately starved to know myself much better, especially in areas of 'present perceived deficiencies', driven by multiple values: self-growth, 'thriving', maxing self-actualization. " - "my attachment to Finola or anybody 'increasing my understanding' of my value 'blockers' ↑ is very strong, it can lead to 'emotional outbursts' at subsequent moments when 'I'm not actively compartmentalizing in resistance'. - presently all unpleasant emotions are categorically locked off. I feel nothing. Neutral. Normal."¹

¹ Realized I felt nothing: "it (pains?) (upsets?) (frustrates?) me to let go attachment of Finola or anybody 'increasing my understanding' of my ↑value 'blockers' . "