

SESSION 2 – HANDOUT 6
Pleasant Experiences Calendar

Name: _____

Be aware of a pleasant event *at the time it is happening*. Use the following questions to focus your awareness on the details of the experience as it is happening. Write it down later.

Day	What was the experience?	How did your body feel, in detail, during this 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?
	Example: Heading home at the end of my shift—stopping, hearing a bird sing.	Lightness across the face, aware of shoulders dropping, uplift of corners of mouth.	Relief, pleasure.	“That’s good,” “How lovely [the bird],” “It’s so nice to be outside.”	“It was such a small thing, but I’m glad I noticed it.”
Monday					

(cont.)

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Day	What was the experience?	How did your body feel, in detail, during this 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?
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					