**Noticing One Unpleasant Event Each Day – Diary**

**Notice one unpleasant event at the time it is happening. Answering these questions can help you to focus your attention on the event, as it is happening. Write it down later.**

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| Day | What was the unpleasant experience? | How did your body feel, in detail, during this experience? | What moods and feelings accompanied the experience? | What thoughts went through your mind? | What thoughts are in your mind now as you write this down? |
| example | Roadworks on the way to work for the sixth week running and I left home late… | Nauseous, feeling hot and bothered, breathing faster and arms tense from gripping steering wheel. | Annoyed, frustrated, angry, mad. | When are they going to finish this roadworks? Why can’t they do them at night when it’s quieter? Why did I have to forget today about them – not forgotten any other day – it’s my own stupid fault. | I should have paid more attention and not driven to work on automatic pilot. I knew the roadworks were here. |
| Day 1 |  |  |  |  |  |
| Day 2 |  |  |  |  |  |
| Day 3 |  |  |  |  |  |
| Day 4 |  |  |  |  |  |
| Day 5 |  |  |  |  |  |
| Day 6 |  |  |  |  |  |
| Day 7 |  |  |  |  |  |