Pleasant Events Diary

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| What was the experience?  | How did your body feel, in detail, during this experience?  | What thoughts or images accompanied this event?  | What moods, feelings or emotions accompanied this event?  | What thoughts are in your mind now as you write this down?  |
| Example: Sun shining through my kitchen window as I ate breakfast  | Light. Slight letting go of tension throughout whole body, especially in shoulders. Slight opening in chest.  | Oh, this is nice. Summer is coming. Life feels good  | Optimism. Sense of uplift. Glad to be alive.  | The first days of proper Spring always bring a strong bodily memory of past Springs. Forgotten in Winter   |
| Day:       |   |   |   |   |
| Day:       |   |   |   |   |
| Day:       |   |   |   |   |