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: |  |  |  |  |
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