

## Record of Pleasant Events

Instructions: Be aware of one pleasant event each day *while* it is happening. Record your experience below.

	What was the experience?	Were you aware of the pleasant feelings <i>while</i> the event was happening?	How did your body feel, in detail, during this experience?	What moods, feelings, and thoughts accompanied this event?	What thoughts are in your mind now as you write about this event?
DAY 1					
DAY 2					
DAY 3					
DAY 4					
DAY 5					
DAY 6					
DAY 7					