

Day	What was the experience?	How did your body feel, in detail, during this experience?	What thoughts and images accompanied this event?	What moods, feelings, emotions accompanied this event?	What thoughts are in your mind now as you write this down?
Example:	Waiting for the Boiler Repair Company to come and knowing I'm late for work	Temples throbbing, tightness in my neck and shoulders, pacing back and forth	"Is this what they mean by service?", "this is one meeting I didn't want to miss!"	Anger, helplessness, irritation, impatience, loneliness, agitation, sadness	"I hope I don't have to go through this again soon"
Day 1					
Day 2					
Day 3					
Day 4					
Day 5					
Day 6					
Day 7					