

# MBSR Week Two

## Pleasant Events Calendar



What was the experience?	Were you aware of the pleasant feelings <u>while</u> 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?
Thursday				
Friday				
Saturday				
Sunday				

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Monday				
Tuesday				
Wednesday				