

Mindful Mood Balance: Awareness of Unpleasant Experiences

	What was the experience?	What sensations in your body were present during the experience?	What moods or feelings were present during the experience?	What thoughts were present during the experience?	What thoughts are in your mind now as you write this down?
<i>Example:</i>	<i>Reading the email from my friend telling me that she isn't available to help with the baby when I go to the doctor tomorrow, even though she told me she could do it.</i>	<i>Heaviness in my stomach</i>	<i>Hurt, disappointed, sad.</i>	<i>"Did I do something that is making her say no now when she had offered before to come over?" "I was really counting on her." "What am I going to do now?"</i>	<i>I knew I was worried about this, and I'm aware now that I also am feeling sad.</i>
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Adapted from Williams et al., (2007) The Mindful Way Through Depression. New York: Guilford Press