



## Week 3 of the EO Challenge

### Pleasant and Unpleasant Events Calendar

We tend to label our experiences as “good” or “bad,” “pleasant” or “unpleasant,” and not really notice much more than that.

This week you are invited to record a pleasant and an unpleasant event that you experienced. You might notice it at the time when it’s happening, or you might look back afterwards and reflect on the event.

It could be something obviously pleasant like having a catchup with a friend, or something that you only consider pleasant upon reflection, like getting to bed early, or putting on fresh pyjamas! For an unpleasant event, pick something fairly benign – a bad night’s sleep, or burning the dinner. Don’t go straight for the heavy stuff just yet!

This exercise is to unpack the experience further, to dissect what it’s actually composed of in terms of **thoughts, emotions, and sensations in the body.**

The unpacking process serves three main purposes:

1. Firstly, it exercises that awareness muscle and allows us to practice some control over busy minds, and bring us back into the present.
2. Secondly, it helps us to notice how thoughts, feelings and body sensations are so connected
3. Thirdly it helps us to recognise how so many things in life are more complex than simply “pleasant” or “unpleasant.” Are there grey areas, or a mixture of both?

Use the table below to record your observations.



## Activity Table

Monday	Pleasant/Unpleasant Event	Thoughts?	Emotions?	Body Sensations?
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				