

# unpleasant moments calendar

	The Moment	My Thoughts and Feelings	What I Felt in My Body	What I Think and Feel Now
Example	<i>My friend posted an embarrassing selfie of mine to the group we hang out with.</i>	<i>I thought that it would get spread around school and put on social media. I was worried that the rest of my friends would be mad at me. Afterward, I felt hurt and sad.</i>	<i>My face turned beet red. My chest got tight and I had a hard time breathing.</i>	<i>I am pissed off. I feel like I can't trust anyone—even my closest friends.</i>
Monday				
Tuesday				
Wednesday				

	The Moment	My Thoughts and Feelings	What I Felt in My Body	What I Think and Feel Now
Thursday				
Friday				
Saturday				
Sunday				