

## Difficult Communications Calendar

| What was the experience? | Were you aware of the difficult communication while it was happening? | How did your body feel, in detail, as it was happening? | What moods, feelings, and thoughts accompanied this event? | What thoughts are in your mind now as you write this down? |
|--------------------------|---|---|--|--|
| Thursday                 |   |   |  |  |
| Friday                   |   |   |  |  |
| Saturday                 |   |   |  |  |
| Sunday                   |   |   |  |  |
| Monday                   |   |   |  |  |
| Tuesday                  |   |   |  |  |
| Wednesday                |   |   |  |  |