

Circle one: 1. **Happiness** (events that leave a happy, good feeling)  
2. **Adequacy** (times that leave you with feelings of pride)  
Length: \_\_\_\_\_ minutes.

1

Intensity: 1-2-3-4-5-6-7-8-9-10 (1=barely noticeable, 10=the most intense ever)

Briefly describe the event (use just a few words or phrases): \_\_\_\_\_

\_\_\_\_\_

List other feelings noted during the event: \_\_\_\_\_

\_\_\_\_\_

Roadblocks? (Describe "interference," if any): \_\_\_\_\_

\_\_\_\_\_

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Length: \_\_\_\_\_ minutes.

2

Intensity: 1-2-3-4-5-6-7-8-9-10 (1=barely noticeable, 10=the most intense ever)

Briefly describe the event (use just a few words or phrases): \_\_\_\_\_

\_\_\_\_\_

List other feelings noted during the event: \_\_\_\_\_

\_\_\_\_\_

Roadblocks? (Describe "interference," if any): \_\_\_\_\_

\_\_\_\_\_

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Circle one: 1. **Happiness** (events that leave a happy, good feeling)  
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Length: \_\_\_\_\_ minutes.

3

Intensity: 1-2-3-4-5-6-7-8-9-10 (1=barely noticeable, 10=the most intense ever)

Briefly describe the event (use just a few words or phrases): \_\_\_\_\_

\_\_\_\_\_

List other feelings noted during the event: \_\_\_\_\_

\_\_\_\_\_

Roadblocks? (Describe "interference," if any): \_\_\_\_\_

\_\_\_\_\_