

# The Big List of Pleasurable Activities

Check (✓) the ones you're willing to do, and then add any activities that you can think of:

- ☐ Talk to a friend on the telephone.
- ☐ Go out and visit a friend.
- ☐ Invite a friend to come to your home.
- ☐ Text-message or email your friends.
- ☐ Organize a party.
- ☐ Exercise.
- ☐ Lift weights.
- ☐ Do yoga, tai chi, or Pilates, or take classes to learn.
- ☐ Stretch your muscles.
- ☐ Go for a long walk in a park or someplace else that's peaceful.
- ☐ Go outside and watch the clouds.
- ☐ Go jog.
- ☐ Ride your bike.
- ☐ Go for a swim.
- ☐ Go hiking.
- ☐ Do something exciting, like surfing, rock climbing, skiing, skydiving, motorcycle riding, or kayaking, or go learn how to do one of these things.
- ☐ Go to your local playground and join a game being played or watch a game.
- ☐ Go play something you can do by yourself if no one else is around, like basketball, bowling, handball, miniature golf, billiards, or hitting a tennis ball against the wall.
- ☐ Get a massage; this can also help soothe your emotions.
- ☐ Get out of your house, even if you just sit outside.
- ☐ Go for a drive in your car or go for a ride on public transportation.
- ☐ Plan a trip to a place you've never been before.
- ☐ Sleep or take a nap.
- ☐ Eat chocolate (it's good for you!) or eat something else you really like.
- ☐ Eat your favorite ice cream.
- ☐ Cook your favorite dish or meal.
- ☐ Cook a recipe that you've never tried before.
- ☐ Take a cooking class.
- ☐ Go out for something to eat.
- ☐ Go outside and play with your pet.
- ☐ Go borrow a friend's dog and take it to the park.
- ☐ Give your pet a bath.
- ☐ Go outside and watch the birds and other animals.
- ☐ Find something funny to do, like watching a funny video on YouTube.
- ☐ Watch a funny movie (start collecting funny movies to watch when you're feeling overwhelmed with pain).
- ☐ Go to the movie theater and watch whatever's playing.
- ☐ Watch television.

- ☐ Listen to the radio.
- ☐ Go to a sporting event, like a baseball or football game.
- ☐ Play a game with a friend.
- ☐ Play solitaire.
- ☐ Play video games.
- ☐ Go online to chat.
- ☐ Visit your favorite websites.
- ☐ Visit crazy websites and start keeping a list of them.
- ☐ Create your own website.
- ☐ Create your own online blog.
- ☐ Join an Internet dating service.
- ☐ Sell something you don't want on the Internet.
- ☐ Buy something on the Internet (within your budget).
- ☐ Do a puzzle with a lot of pieces.
- ☐ Call a crisis or suicide hotline and talk to someone.
- ☐ Go shopping.
- ☐ Go get a haircut.
- ☐ Go to a spa.
- ☐ Go to a library.
- ☐ Go to a bookstore and read.
- ☐ Go to your favorite café for coffee or tea.
- ☐ Visit a museum or local art gallery.
- ☐ Go to the mall or the park and watch other people; try to imagine what they're thinking.
- ☐ Pray or meditate.
- ☐ Go to your church, synagogue, temple, or other place of worship.
- ☐ Join a group at your place of worship.
- ☐ Write a letter to God.
- ☐ Call a family member you haven't spoken to in a long time.
- ☐ Learn a new language.
- ☐ Sing or learn how to sing.
- ☐ Play a musical instrument or learn how to play one.
- ☐ Write a song.
- ☐ Listen to some upbeat, happy music (start collecting happy songs for times when you're feeling overwhelmed).
- ☐ Turn on some loud music and dance in your room.
- ☐ Memorize lines from your favorite movie, play, or song.
- ☐ Make a movie or video with your smartphone.
- ☐ Take photographs.
- ☐ Join a public-speaking group and write a speech.
- ☐ Participate in a local theater group.
- ☐ Sing in a local choir.
- ☐ Join a club.
- ☐ Plant a garden.
- ☐ Work outside.
- ☐ Knit, crochet, or sew—or learn how to.
- ☐ Make a scrapbook with pictures.
- ☐ Paint your nails.
- ☐ Change your hair color.
- ☐ Take a bubble bath or shower.
- ☐ Work on your car, truck, motorcycle, or bicycle.

- ☐ Sign up for a class that excites you at a local college, adult school, or online.
- ☐ Read your favorite book, magazine, paper, or poem.
- ☐ Read a trashy celebrity magazine.
- ☐ Write a letter to a friend or family member.
- ☐ Write things you like about yourself on a picture of your body or draw them on a photograph of yourself.
- ☐ Write a poem, story, movie, or play about your life or someone else's life.
- ☐ Write in your journal or diary about what happened to you today.
- ☐ Write a loving letter to yourself when you're feeling good and keep it with you to read when you're feeling upset.
- ☐ Make a list of ten things you're good at or that you like about yourself when you're feeling good, and keep it with you to read when you're feeling upset.
- ☐ Draw a picture.
- ☐ Paint a picture with a brush or your fingers.
- ☐ Spend time with someone you care about, respect, or admire.
- ☐ Make a list of the people you admire and want to be like—it can be anyone real or fictional throughout history. Describe what you admire about these people.
- ☐ Write a story about the craziest, funniest, or most meaningful thing that has ever happened to you.
- ☐ Make a list of ten things you would like to do before you die.
- ☐ Make a list of ten celebrities you would like to be friends with and describe why.
- ☐ Make a list of ten celebrities you would like to date and describe why.
- ☐ Write a letter to someone who has made your life better and tell them why. (You don't have to send the letter if you don't want to.)
- ☐ Create your own list of pleasurable activities.

Other ideas: \_\_\_\_\_

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