



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 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 sooth 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.

- ___ 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.
- ___ Masturbate.
- ___ Have sex with someone you care about.
- ___ 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 sexiest 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.
- ___ 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 won't want to.)
- ___ Create your own list of pleasureable activities.

OTHER IDEAS:
