



The Big List of Pleasureable 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.

- ___ 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 reading the Sunday comics.
- ___ 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.
- ___ 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 cafe 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 camcorder.
- ___ 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.
- ___ 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:
