

A list of pleasant activities

- Go to the movies.
- Book in to see a play or production.
- Go to the ocean, a river, or a lake.
- Go for a walk, run, swim, or bicycle ride.
- Take a walk in a nearby park.
- Read a short story.
- Pick up a pencil and paper and draw something.
- Visit a fresh food or flower market.
- Try a new recipe.
- Choose a gift card for a special friend.
- Go outside and look up at the stars or the clouds.
- Wander in a book shop, antiques, or fishing & camping store.
- Take a trip on bus, train, or ferry.
- Take yourself out to lunch.
- Visit a library.
- Listen to some music, or go and see a live music event.
- Do the washing up.
- Contact a friend.
- Take a dog for a walk or play with some animals.
- Cook a favourite meal or snack.
- Re-organise your files, cupboards, living space or shed.
- Do a puzzle or brain-teaser.
- Plan a trip or short break.
- Watch your favourite TV program or movie.
- Do some exercise.
- Go bowling, golfing or fishing.
- Sit and watch the sunrise or sunset.
- Lie in the shade for a while.
- Plan a career change.
- Re-engage in an old favourite hobby.
- Start a new hobby: Stamp or coin collecting, model building, painting, woodworking.
- Recycle or donate some old items you don't use anymore.
- Plan an evening or barbeque with some old friends.
- Think about your retirement, or what finishing your studies will be like
- Tick a couple of small items off your "to do list."
- Clean or work on your car or bike.
- Repair some things around the house.
- Do some gardening, or water and fertilise the plants
- Buy or sell some stocks or shares.
- Fly a kite.
- Go camping.
- Sing.
- Book in a day specifically for doing nothing.
- Go sailing, kayaking or canoeing.
- Try doodling or sketching whatever comes to mind.
- Go for a drive (or ride) in the country.
- Look up what social clubs are nearby.

- Go bird-watching.
- Play (or learn) a musical instrument.
- Make a playlist or mix-tape that means something to you.
- Go to a barber for a haircut and shave.
- Go for a bushwalk or hike.
- Do some writing — journal, think-piece, article, story, poem.
- Book in to the physio or massage therapist.
- Go to the footy
- Send someone an e-mail.
- Do some photography.
- Spend some time with the kids (either yours or those close to you).
- Go on a picnic.
- Meditate.
- Look up a suitable way to get active in your community.
- Play a game on your phone or computer.
- Take a look at an old photo album or journal.
- Shoot some pool.
- Find a local men's shed.
- Go to a local museum or art gallery.
- Start an aquarium, garden, worm farm or compost.
- Go to a martial arts class.
- Re-arrange the furniture in your house.
- Go rock climbing, or some other activity you've always wanted to try.



Pleasant Events List

1. Working on my car
2. Planning a career
3. Getting out of (paying down) debt
4. Collecting things (baseball cards, coins, stamps, rocks, shells, etc.)
5. Going on vacation
6. Thinking how it will be when I finish school
7. Recycling old items
8. Going on a date
9. Relaxing
10. Going to or watching a movie
11. Jogging, walking
12. Thinking, "I have done a full day's work"
13. Listening to music
14. Thinking about past parties
15. Buying household gadgets
16. Lying in the sun
17. Planning a career change
18. Laughing
19. Thinking about past trips
20. Listening to other people
21. Reading magazines or newspapers
22. Engaging in hobbies (stamp collecting, model building, etc.)
23. Spending an evening with good friends
24. Planning a day's activities
25. Meeting new people
26. Remembering beautiful scenery
27. Saving money
28. Going home from work
29. Eating
30. Practicing karate, judo, yoga
31. Thinking about retirement
32. Repairing things around the house
33. Working on machinery (cars, boats, etc.)
34. Remembering the words and deeds of loving people
35. Wearing shocking clothes
36. Having quiet evenings
37. Taking care of my plants
38. Buying, selling stock
39. Going swimming
40. Doodling
41. Exercising
42. Collecting old things
43. Going to a party
44. Thinking about buying things
45. Playing golf
46. Playing soccer
47. Flying kites
48. Having discussions with friends
49. Having family get-togethers
50. Riding a bike or motorbike
51. Running track
52. Going camping
53. Singing around the house
54. Arranging flowers
55. Practicing religion (going to church, group praying, etc.)
56. Organizing tools
57. Going to the beach
58. Thinking, "I am an OK person"
59. Having a day with nothing to do
60. Going to class reunions
61. Going skating, skateboarding, rollerblading
62. Going sailing or motorboating
63. Traveling or going on vacations
64. Painting
65. Doing something spontaneously
66. Doing needlepoint, crewel, etc.
67. Sleeping
68. Driving
69. Entertaining, giving parties
70. Going to clubs (garden clubs, Parents without Partners, etc.)
71. Thinking about getting married
72. Going hunting

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Note. For adults or adolescents. Adapted from Unehah, M. M., Sharp, E., & Ivanolf, A. M. (1980, November). The Adult Pleasant & Events Schedule. Paper presented at the meeting of the Association for Advancement of Behaviour Therapy, New York. Adapted by permission of the authors.

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73. Singing with groups
74. Flirting
75. Playing musical instruments
76. Doing arts and crafts
77. Making a gift for someone
78. Buying/downloading music
79. Watching boxing, wrestling
80. Planning parties
81. Cooking
82. Going hiking
83. Writing (books, poems, articles)
84. Sewing
85. Buying clothes
86. Going out to dinner
87. Working
88. Discussing books; going to a book club
89. Sightseeing
90. Getting a manicure/pedicure or facial
91. Going to the beauty parlor
92. Early morning coffee and newspaper
93. Playing tennis
94. Kissing
95. Watching my children (play)
96. Thinking, "I have a lot more going for me than most people"
97. Going to plays and concerts
98. Daydreaming
99. Planning to go (back) to school
100. Thinking about sex
101. Going for a drive
102. Refinishing furniture
103. Watching TV
104. Making lists of tasks
105. Walking in the woods (or at the waterfront)
106. Buying gifts
107. Completing a task
108. Going to a spectator sport (auto racing, horse racing)
109. Teaching
110. Photography
111. Going fishing
112. Thinking about pleasant events
113. Staying on a diet
114. Playing with animals
115. Flying a plane
116. Reading fiction
117. Acting
118. Being alone
119. Writing diary entries or letters
120. Cleaning
121. Reading nonfiction
122. Taking children places
123. Dancing
124. Weightlifting
125. Going on a picnic
126. Thinking, "I did that pretty well," after doing something
127. Meditating, yoga
128. Having lunch with a friend
129. Going to the mountains
130. Playing hockey
131. Working with clay or pottery
132. Glass blowing
133. Going skiing
134. Dressing up
135. Reflecting on how I've improved
136. Buying small things for myself (perfume, golf balls, etc.)
137. Talking on the phone
138. Going to museums
139. Thinking religious thoughts
140. Lighting candles
141. White-water canoeing/rafting
142. Going bowling
143. Doing woodworking
144. Fantasizing about the future
145. Taking ballet/tap-dancing classes
146. Debating
147. Sitting in a sidewalk café
148. Having an aquarium
149. Participating in "living history" events
150. Knitting
151. Doing crossword puzzles
152. Shooting pool
153. Getting a massage
154. Saying, "I love you"
155. Playing catch, taking batting practice
156. Shooting baskets
157. Seeing and/or showing photos
158. Thinking about my good qualities
159. Solving riddles mentally
160. Having a political discussion
161. Buying books

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EMOTION REGULATION HANDOUT 16 (p 3 of 3)

- 162. Taking a sauna or a steam bath
- 163. Checking out garage sales
- 164. Thinking about having a family
- 165. Thinking about happy moments in my childhood
- 166. Splurging
- 167. Going horseback riding
- 168. Doing something new
- 169. Working on jigsaw puzzles
- 170. Playing cards
- 171. Thinking, "I'm a person who can cope"
- 172. Taking a nap
- 173. Figuring out my favourite scent
- 174. Making a card and giving it to someone I care about
- 175. Instant-messaging/texting someone
- 176. Playing a board game (e.g., Monopoly, Life, Clue, Sorry)
- 177. Putting on my favourite piece of clothing
- 178. Making a smoothie and drinking it slowly
- 179. Putting on makeup
- 180. Thinking about a friend's good qualities
- 181. Completing something I feel great about
- 182. Surprising someone with a favor
- 183. Surfing the Internet
- 184. Playing video games
- 185. E-mailing friends
- 186. Going walking or sledding in a snowfall
- 187. Getting a haircut
- 188. Installing new software
- 189. Buying a CD or music on iTunes
- 190. Watching sports on TV
- 191. Taking care of my pets
- 192. Doing volunteer service
- 193. Watching stand-up comedy on YouTube
- 194. Working in my garden
- 195. Participating in a public performance (e.g., a flash mob)
- 196. Blogging
- 197. Fighting for a cause
- 198. Conducting experiments
- 199. Expressing my love to someone
- 200. Going on field trips, nature walks, exploring (hiking away from known routes, spelunking)
- 201. Gathering natural objects (wild foods or fruit, driftwood)
- 202. Going downtown or to a shopping mall
- 203. Going to a fair, carnival, circus, zoo, or amusement park
- 204. Going to the library
- 205. Joining or forming a band
- 206. Learning to do something new
- 207. Listening to the sounds of nature
- 208. Looking at the moon or stars
- 209. Outdoor work (cutting or chopping wood, farm work)
- 210. Playing organized sports (baseball, softball, football, Frisbee, handball, paddleball, squash, soccer, tennis, volleyball, etc.)
- 211. Playing in the sand, a stream, the grass; kicking leaves, pebbles, etc.
- 212. Protesting social, political, or environmental conditions
- 213. Reading cartoons or comics
- 214. Reading sacred works
- 215. Rearranging or redecorating my room or the house.
- 216. Selling or trading something
- 217. Snowmobiling or riding a dune buggy/ATV
- 218. Social networking
- 219. Soaking in the bathtub
- 220. Learning or speaking a foreign language
- 221. Talking on the phone
- 222. Composing or arranging songs or music
- 223. Thrift store shopping
- 224. Using computers
- 225. Visiting people who are sick, shut in, or in trouble

Other : _____

