



The Big List of Pleasurable Activities

Check the activities that you are willing to do, and then add any activities that interest you.

- | | |
|---|--|
| <input type="checkbox"/> Talk to a friend on the telephone. | <input type="checkbox"/> Cook your favorite dish or meal. |
| <input type="checkbox"/> Go out and visit a friend. | <input type="checkbox"/> Cook a recipe that you've never tried before. |
| <input type="checkbox"/> Invite a friend to come to your home. | <input type="checkbox"/> Take a cooking class. |
| <input type="checkbox"/> Text message your friends. | <input type="checkbox"/> Go out for something to eat. |
| <input type="checkbox"/> Organize a party. | <input type="checkbox"/> Go outside and play with your pet (or a friend's pet) |
| <input type="checkbox"/> Exercise. | <input type="checkbox"/> Give your pet a bath. |
| <input type="checkbox"/> Lift weights. | <input type="checkbox"/> Go outside and watch the birds. |
| <input type="checkbox"/> Do yoga, tai chi, or Pilates. | <input type="checkbox"/> Find something funny to do, like reading the comics or David Sedaris. |
| <input type="checkbox"/> Stretch your muscles. | <input type="checkbox"/> Watch a funny movie. |
| <input type="checkbox"/> Go for a long walk. | <input type="checkbox"/> Go to the movie theater and watch whatever is playing. |
| <input type="checkbox"/> Go outside and watch the clouds. | <input type="checkbox"/> Watch television. |
| <input type="checkbox"/> Ride your bike. | <input type="checkbox"/> Listen to the radio. |
| <input type="checkbox"/> Go for a swim. | <input type="checkbox"/> Go to a sporting event, like baseball or football. |
| <input type="checkbox"/> Go hiking. | <input type="checkbox"/> Play a game with a friend. |
| <input type="checkbox"/> Do something exciting, like surfing rock climbing, skiing, skydiving, or kayaking, or go to learn how. | <input type="checkbox"/> Play solitaire. |
| <input type="checkbox"/> Go to your local playground and join a game being played or watch a game. | <input type="checkbox"/> Play video games. |
| <input type="checkbox"/> 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. | <input type="checkbox"/> Go online to chat. |
| <input type="checkbox"/> Get a massage. | <input type="checkbox"/> Visit your favorite Web sites. |
| <input type="checkbox"/> Do a sitting meditation and focus on your breath or on peaceful visual imagery. | <input type="checkbox"/> Visit crazy Web sites and start keeping a list. |
| <input type="checkbox"/> Get out of your house, even if you just sit outside. | <input type="checkbox"/> Create your own Web site. |
| <input type="checkbox"/> Go for a drive in your car or go for a ride on public transportation. | <input type="checkbox"/> Create your own online blog. |
| <input type="checkbox"/> Plan a trip to a place you've never been. | <input type="checkbox"/> Join an Internet dating service. |
| <input type="checkbox"/> Sleep or take a nap. | <input type="checkbox"/> Sell something you don't want on the Internet. |
| <input type="checkbox"/> Eat chocolate. | <input type="checkbox"/> Buy something on the Internet. |
| <input type="checkbox"/> Go to a spa. | <input type="checkbox"/> Do a puzzle with a lot of pieces. |
| <input type="checkbox"/> Go to a library. | <input type="checkbox"/> Go shopping. |
| | <input type="checkbox"/> Go get a haircut. |
| | <input type="checkbox"/> Eat your favorite ice cream. |
| | <input type="checkbox"/> Sign up for a class that excites you at a local college, adult school, or online. |



- 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 thinking or saying to each other
- Pray
- Go to your church, synagogue, temple.
- Join a group at your place of worship.
- Write a letter to God or Allah.
- 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.
- Write a song.
- Listen to some upbeat, happy music.
- Turn on some loud music and dance.
- Memorize lines from your favorite movie, play, or song.
- Make a movie or video.
- Take photographs.
- Join a public-speaking group.
- 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.
- Make a scrapbook.
- Paint your nails.
- Work on your car, truck, motorcycle, or bike.
- 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
- Write a poem, story, movie, or play
- Write in your journal or diary about what
- Write a loving letter to yourself when you're feeling good and keep it with you to read when you're down.
- 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 for when you are down.
- Draw a picture.
- Paint a picture.
- Masturbate.
- Make a list of people you admire and want to be like—real or fictional. 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 don't want to.)
- Take a bubble bath or shower.
- Change your hair color.
- Create your own list of pleasurable activities.
