

## Pleasant Activities List



1. Soaking in the bathtub
2. Thinking about how it will be when school ends
3. Going out with friends
4. Relaxing
5. Going to a movie
6. Going running
7. Listening to music
8. Lying in the sun (with sunscreen)
9. Reading
10. Saving money
11. Planning the future
12. Dancing
13. Fixing or cleaning things around the house
14. Having a quiet night
15. Cooking good food
16. Taking care of your pets
17. Going swimming
18. Writing
19. Drawing or doodling
20. Playing sports (list: \_\_\_\_\_)
21. Going to a party
22. Talking with friends
23. Working out
24. Singing
25. Going ice skating
26. Going to a beach
27. Playing a musical instrument
28. Traveling
29. Making a gift for someone
30. Downloading music or new apps
31. Watching sports on TV
32. Going out to dinner
33. Baking
34. Planning a party for someone
35. Buying clothes
36. Getting a haircut or styling your hair
37. Enjoying a cup of hot chocolate, coffee, or tea
38. Kissing
39. Going to hear live music
40. Getting a manicure or pedicure
41. Spending some time with little kids
42. Going for a bike ride
43. Going sledding in a snowstorm
44. Getting a massage

(continued)

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**Pleasant Activities List** (page 2 of 2)

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|--|---|--------------------------------------|
| 45. E-mailing or texting friends                               | lessons (sports, dance, music, martial arts)              | 72. Figuring out your favorite scent |
| 46. Writing in a diary or journal                              | 59. Bowling   | 73. Buying yourself a little treat   |
| 47. Looking at photos  | 60. Fantasizing about life getting better                 | 74. Noticing a storm coming          |
| 48. Dressing up however you like                               | 61. Saying "I love you"                                   | 75. Building furniture or carpentry  |
| 49. Playing videogames   | 62. Writing a poem, song, or rap                          | <b>Add Your Own!</b>                 |
| 50. Walking around where you live                              | 63. Thinking about a friend's good qualities              | 76. _____                            |
| 51. Noticing birds or trees (something in nature)              | 64. Putting on makeup                                     | _____                                |
| 52. Surfing the Internet                                       | 65. Making a smoothie and drinking it slowly              | 77. _____                            |
| 53. Surprising someone with a favor                            | 66. Putting on your favorite piece of clothing            | _____                                |
| 54. Completing something you will feel great about             | 67. Playing a game  | 78. _____                            |
| 55. Shooting pool or playing ping-pong                         | 68. Writing a story                                       | _____                                |
| 56. Contacting a relative with whom you have been out of touch | 69. Instant messaging someone                             | 79. _____                            |
| 57. Tweeting, posting online                                   | 70. Watching reruns on TV                                 | 80. _____                            |
| 58. Thinking about taking                                      | 71. Making a card and giving it to someone you care about | _____                                |