

PLEASURABLE EVENTS LIST

57. Practicing religion (attending church/temple)
58. Losing weight
59. Going to the beach
60. Thinking I'm an "OK" person
61. A day with nothing to do
62. Having class reunions
63. Going skating
64. Going sail boating
65. Traveling abroad or in the United States
66. Painting
67. Doing something spontaneously
68. Doing needlepoint, crewel, etc.
69. Sleeping
70. Driving
71. Entertaining
72. Going to clubs (garden, book, singles)
73. Thinking about getting married
74. Going hunting
75. Singing with groups
76. Flirting
77. Playing musical instruments
78. Doing arts and crafts
79. Making a gift for someone
80. Buying CDs
81. Watching boxing, wrestling
82. Planning parties
83. Cooking
84. Going hiking
85. Writing books (poems, articles)
86. Sewing
87. Buying clothes
88. Going out to dinner
89. Working
90. Discussing books
91. Sightseeing
92. Gardening
93. Going to the beauty parlor
94. Early morning coffee and newspaper
95. Playing tennis
96. Kissing
97. Watching my children (play)
98. Thinking I have a lot more going for me
99. Going to plays and concerts
100. Daydreaming
101. Planning to go to school
102. Thinking about sex
103. Going for a drive
104. Listening to a stereo
105. Refinishing furniture
106. Watching TV
107. Making lists of tasks
108. Going bike riding
109. Walks in the woods (or the waterfront)
110. Buying gifts
111. Traveling to national parks
112. Completing a task

1. Soaking in the bathtub
2. Planning my career
3. Getting out of (paying on) debts (coins, shells, etc.)
4. Collecting things (coins, 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 a movie in the middle of the week
11. Jogging, walking
12. Thinking I have done a full day's work
13. Listening to music
14. Recalling past parties
15. Buying household gadgets
16. Lying in the sun
17. Planning a career change
18. Laughing
19. Thinking about my past tips
20. Listening to others
21. Reading magazines or newspapers
22. Hobbies (stamp collecting, model building)
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. Gambling
29. Going home from work
30. Eating
31. Practicing karate, judo, yoga
32. Thinking about retirement
33. Repairing things around the house
34. Working on my car (bicycle)
35. Remembering words/deeds of loving people
36. Wearing sexy clothes
37. Having quiet evenings
38. Taking care of my plants
39. Buying, selling stock
40. Going swimming
41. Doodling
42. Exercising
43. Collecting old things
44. Going to a party
45. Thinking about buying things
46. Playing golf
47. Playing soccer
48. Flying kites
49. Having discussions with friends
50. Having family get-togethers
51. Riding a motorbike
52. Sex
53. Running track
54. Going camping
55. Singing around the house
56. Arranging flowers

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113. Collecting shells
114. Going to a spectator sport (racing, football)
115. Eating gooey, fattening foods
116. Teaching
117. Photography
118. Going fishing
119. Thinking about pleasant events
120. Staying on a diet
121. Playing with animals
122. Flying a plane
123. Reading fiction
124. Acting
125. Being alone
126. Writing diary entries or letters
127. Cleaning
128. Reading non-fiction
129. Taking children places
130. Dancing
131. Going on a picnic
132. Thinking "I did that pretty well"
133. Meditating
134. Playing volleyball
135. Having lunch with a friend
136. Going to see the mountains
137. Thinking about having a family
138. Thoughts about happy moments as a kid
139. Splurging
140. Playing cards
141. Solving riddles mentally
142. Having a political discussion
143. Playing softball
144. Seeing and/or showing photos or slides
145. Playing guitar
146. Knitting
147. Doing crossword puzzles
148. Shooting pool
149. Dressing up and looking nice
150. Reflecting on how I've improved
151. Buying things for myself (perfume, clothes)
152. Talking on the phone
153. Going to museums
154. Thinking religious thoughts
155. Lighting candles
156. Listening to the radio or stereo
157. Getting a message
158. Saying "I love you"
159. Thinking about my good qualities
160. Buying books
161. Taking a sauna or steam bath
162. Going skiing
163. White-water canoeing
164. Going boating
165. Doing woodworking
166. Fantasizing about the future
167. Taking ballet, tap dancing
168. Debating
169. Sitting in a sidewalk cafe
170. Having an aquarium
171. Erotica (sex books, movies)
172. Going horseback riding
173. Thoughts of being active in the community
174. Doing something new
175. Making jigsaw puzzles
176. Thinking I'm a person who can cope

Some steps that can help you achieve exercise/activity goals when you have depression or anxiety are:

- **Get your doctor's support.** Some, but not all, mental health professionals have adopted exercise as a part of their treatment suggestions. Talk to your doctor or therapist for guidance and support. Discuss concerns about an exercise program and how it fits into your overall treatment plan.
- **Identify what you enjoy doing.** Figure out what type of exercise or activities you're most likely to do. And think about when and how you'd be most likely to follow through. For instance, would you be more likely to do some gardening in the evening or go for a jog in the pre-dawn hours? Go for a walk in the woods or play basketball with your children after school?
- **Set reasonable goals.** Your mission doesn't have to be walking for an hour five days a week. Think about what you may be able to do in reality. Twenty minutes? Ten minutes? Start there and build up. Custom-tailor your plan to your own needs and abilities rather than trying to meet idealistic guidelines that could just add to your pressure.
- **Don't think of exercise as a burden.** If exercise is just another "should" in your life that you don't think you're living up to, you'll associate it with failure. Rather, look at your exercise schedule the same way you look at your therapy sessions or antidepressant medication — as one of the tools to help you get better.
- **Address your barriers.** Identify your individual barriers to exercising. If you feel intimidated by others or are self-conscious, for instance, you may want to exercise in the privacy of your own home. If you stick to goals better with a partner, find a friend to work out with. If you don't have extra money to spend on exercise gear, do something that is virtually cost-free — walk. If you think about what's stopping you from exercising, you can probably find an alternative solution.
- **Prepare for setbacks and obstacles.** Exercise isn't always easy or fun. And it's tempting to blame yourself for that. People with depression are especially likely to feel shame over perceived failures. Don't fall into that trap. Give yourself credit for every step in the right direction, no matter how small. If you skip exercise one day, that doesn't mean you're a failure and may as well quit entirely. Just try again the next day.