Suggestions for Pleasurable Activities
Session 3 Handout

Bike riding
Browsing in a book store
Camping
Cooking
Dancing
Drawing
Exercising
Fishing
Hanging out with a good friend
Helping a friend
Jogging
Journal writing
Gardening
Getting a massage
Get a haircut/shave
Going for a drive
Going hiking
Going on a picnic
Going to church
Going to a library
Going to a play or concert
Going to a museum
Having lunch/dinner with a friend
Lifting weights
Listening to music
Meditating
Painting
People watching
Photography
Playing music
Playing board games/cds with friends or family
Playing with pets or kids
Reading a book
Relaxing in the park
Sexual Activities
Sitting in a coffee shop
Support a cause
Swimming
Taking a long hot bath
Taking an interesting class
Taking a walk
Talking on the phone with a friend
Visiting friends
Viewing beautiful scenery
Volunteering
Watching a game in person or on TV
Watching a favorite movie
Woodworking

Created 5/16/2012