

Suggestions for Pleasurable Activities

Session 3 Handout

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

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