Big List of Enjoyable Activities

Check the ones you are willing to do, and then add any activities that you can think of:

* Talk to a friend on the telephone.
* Go out and visit a friend.
* Invite friend to go visit your home.
* Text message your friends.
* Organize a party.
* Exercise.
* Lift weights.
* Do yoga, tai chi, or Pilates, or take classes to learn.
* Stretch her muscles.
* Go for long walks in the park or someplace else that’s peaceful.
* Go outside watch the clouds.
* Go for a jog.
* Ride your bike.
* Go for a swim.
* Go hiking.
* Do something exciting, like surfing, rock climbing, skiing, skydiving, motorcycle riding, or kayaking, or go learn how to do one of these things.
* Go to your local playground and join a game being played or watch game.
* 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.
* Get a massage; this can also help soothe your emotions.
* Get out of your house, even if you just sit outside.
* Go for a drive in your car or go for a ride on public transportation.
* Plan a trip to a place you’ve never been before.
* Sleep or take a nap.
* Eat chocolate or something else you really like.
* Eat your favorite ice cream.
* Cook your favorite dish or meal.
* Cook a recipe that you’ve never tried before.
* Take a cooking class.
* Go out for something to eat.
* Go outside and play with your pet.
* Go borrow a friend’s dog and take it to the park.
* Give your pet a bath.
* Go outside and watch the birds and other animals.
* Find something funny to do, like reading the Sunday comics.
* Watch a funny movie. (start collecting funny movies to watch when you’re feeling overwhelmed)
* Go to the movie theater and watch whatever’s playing.
* Watch television.
* Listen to the radio.
* Go to a sporting event, like a baseball or football game.
* Play a game with a friend.
* Play solitaire.
* Play video games.
* Go online to chat.
* Visit your favorite web sites.
* Visit crazy web sites and start keeping a list of them.
* Create your own web site.
* Create your own blog.
* Join an internet dating service.
* Sell something you don’t want on the internet.
* Buy something on the internet.
* Do a puzzle with lots of pieces.
* Call a crisis or suicide hotline to talk to someone.
* Go shopping.
* Go get a haircut.
* Go to a spa.
* Go to a library.
* 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 what other people; try to imagine what they’re thinking.
* Pray or meditate.
* Go to your church, synagogue, temple or other place of worship.
* Join a group at your place of worship.
* Write a letter to God.
* 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 to play one.
* Write a song.
* Listen to some upbeat, happy music (start collecting happy songs for time s when you are feeling overwhelmed.)
* Turn on some loud music and dance in your room.
* Memorize lines from your favorite paly, movie, or song.
* Make a movie or video.
* Take photographs.
* Join a public speaking group and write a speech.
* 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 to.
* Make a scrapbook with pictures.
* Paint your nails.
* Change your hair color.
* Take a bubble bath or shower.
* Work on your car, truck, motorcycle or bike.
* Sing up for a class that excites you at a local college, adult school to online.
* 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 on a picture of your body or draw them on a photograph of yourself.
* Write a poem, story, movie, or paly about your life or someone else’s life.
* Write in your journal or diary about what happened to you today.
* Write a loving letter to yourself when you’re feeling good and keep it with you to read when you’re feeling upset.
* Make a list of 10 things you’re good at or that you like about yourself when you’re feeling good and keep it with you to read when you’re upset.
* Draw a picture.
* Paint a picture with a brush or your fingers.
* Masturbate.
* Have sex with someone you care about.
* Make a list of the people you admire and want to be like- it can be anyone real or fictional throughout history. Describe what you admire about these people.
* Write a story about the craziest, funniest, or sexiest things 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.
* Make a list of ten celebrities you would like to have sex 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.)
* Create your own list of pleasurable activities.
* Make a self-soothe kit.
* Give yourself a facial.
* Other Ideas:

*From The Dialectical Behavior Therapy skills Workbook*