Pleasant Events List

1. Meditating.
2. Making plans for the future.
3. Finishing something.
4. Talking with a friend.
5. Browsing in a catalogue.
6. Watching TV.
7. Sitting/lying in the sun.
8. Listening to others.
9. Drawing or doodling.
11. Looking outside.
15. Repairing something.
16. Remembering the words of loving people.
17. Wearing nice clothes.
18. Taking care of plants.
19. Going to a party.
20. Thinking about buying things.
22. Thinking “I’m a good person.”
23. Writing a letter.
25. Sleeping.
26. Fixing your hair and makeup.
27. Daydreaming.
28. Making a list of tasks/goals.
29. Watching sports.
30. Remembering good times.
31. Writing in a diary.
32. Reading a letter.
33. Discussing books.
34. Having lunch with a friend.
35. Solving riddles/puzzles.
36. Looking at/showing photos.
37. Learning to play a new game.
38. Reflecting on how I’ve improved.
39. Thinking “I’m a person who can cope.”
40. Taking a warm bath.
41. Paying down debts.
42. Playing a game.
43. Remembering good times.
44. Relaxing.
45. Reading a book.
46. Laughing out loud.
47. Painting.
48. Singing.
49. Remembering beautiful scenery.
50. Watching the birds.
51. Eating.
52. Gardening.
53. Thinking about retirement.
54. Coloring in a coloring book.
55. Exercising.
56. Having a quiet evening.
57. Arranging flowers.
58. Drinking a favorite beverage.
59. Going on a picnic.
60. Designing a health regimen.
61. A day with nothing to do.
63. Going to the beauty parlor.
64. Making a gift for someone.
65. Having your picture taken.
66. Listening to music.
67. Taking a walk.
68. Playing sports.
69. Acting.
70. Dancing.
71. Cleaning.
72. Being alone.
73. Playing cards.
74. Having a political discussion.
75. Shooting pool.
76. Spending time in nature.
77. Talking on the phone.
78. Helping a friend cope.