

Pleasurable Activities

In Cognitive Behavioral Therapy (CBT), pleasurable activities play an important role in improving mood and overall well-being. These activities are often incorporated into treatment as a way to enhance positive emotions and counteract negative thinking patterns. This is commonly referred to as "pleasurable activity scheduling" or "behavioral activation." Below are a list of pleasurable activities that you can try.

1. Listening to music
2. Going to a movie in the middle of the week
3. Going on vacation
4. Thinking about my past trips
5. Thinking about becoming active in the community
6. Going to a party
7. Going swimming
8. Going on a date
9. Going home from work
10. Taking care of my plants
11. Going to clubs (garden, Parents without Partners, etc.)
12. Taking deep breaths
13. Spending an evening with good friends
14. Thinking about retirement
15. Playing golf
16. Playing soccer
17. Flying kites
18. Thinking about pleasant events
19. Going to a beach
20. Going to the mountains
21. Thinking I'm an OK person
22. Going skating
23. Going boating
24. Traveling abroad or in the U.S.
25. Thinking about people I like
26. Watching children (play)
27. Thinking I have a lot more going for me than most people
28. Going to plays and concerts
29. Relaxing
30. Doing something spontaneous
31. Listening to others
32. Taking a nap
33. Thinking about myself or my life
34. Working on my car (bicycle)
35. Playing musical instruments
36. Thinking I have done a full day's work
37. Collecting things (coins, shells, etc.)
38. Going camping
39. Thinking about sex
40. Going to a movie or renting one
41. Thinking about getting married
42. Going hunting
43. Going to the beauty parlor
44. Going to a celebration
45. Going to reunions
46. Going hiking
47. Eating
48. Thinking about my good qualities
49. Buying books
50. Thinking about buying things
51. Going out to dinner
52. Working
53. Going to the beach
54. Going fishing
55. Thinking about the words and deeds of loving people
56. Going to a business meeting or a convention
57. Going to a picnic
58. Thinking religious thoughts
59. Playing cards
60. Doing arts and crafts
61. Making a gift for someone
62. Planning my career
63. Spending time by yourself
64. Writing diary entries or letters
65. Cleaning
66. Doing needlepoint, knitting, cross-stitch, etc.
67. Having quiet evenings
68. Taking children places
69. Jogging, walking
70. Doing something new
71. Doing crossword puzzles
72. Repairing things around the house
73. Arranging flowers
74. Going swimming
75. Dancing
76. Going on a date

77. Doing something nice for my parents
78. Going to museums
79. Going to the movies or renting one
80. Going to a health club
81. Going bowling
82. Doing woodworking or carpentry
83. Playing chess or checkers
84. Going horseback riding
85. Going to a fair, carnival, circus, zoo or amusement park
86. Going to service, civic, or social club meetings
87. Going skiing
88. Going to a restaurant
89. Going to lectures or hearing speakers
90. Going to museums
91. Going to the mountains
92. Going to a barber or hair stylist
93. Going on outings to the park, a picnic, a barbecue, etc.
94. Going to a crusade
95. Going to a business meeting or a convention
96. Going to the movies or renting one
97. Going to a celebration
98. Going to reunions
99. Going to a picnic
100. Going to a concert
101. Going to a comedy show
102. Going to a sports event
103. Going to a farmers market
104. Going on a road trip
105. Going to a spa
106. Going to a yoga class
107. Going for a hike
108. Going to a book club meeting
109. Going to a cooking class
110. Going to a wine tasting
111. Going to a dance class
112. Going to a karaoke night
113. Going to a pottery class
114. Going to a photography workshop
115. Going to a painting class
116. Going to a meditation retreat
117. Going to a poetry reading
118. Going to a theater performance
119. Going to a comedy club
120. Going to a wine and painting event
121. Going to a food festival
122. Going to a charity event
123. Going to a lecture or workshop on a topic of interest
124. Going to a local market
125. Going to a volunteer event
126. Going to a DIY workshop
127. Going to a gardening class
128. Going to a live music gig
129. Going to a film festival
130. Going to a fashion show
131. Going to a cooking competition
132. Going to a trivia night
133. Going to a poetry slam
134. Going to a networking event
135. Going to a fashion exhibition
136. Going to a wellness retreat
137. Going to a dance performance
138. Going to a cultural festival
139. Going to a science exhibition
140. Going to a historical site
141. Going to a nature reserve
142. Going to a botanical garden
143. Going to a wildlife sanctuary
144. Going to an art gallery
145. Going to a museum exhibit
146. Going to a theme park
147. Going to a water park
148. Going to a gaming convention
149. Going to a car show
150. Going to a technology expo
151. Going to a music festival
152. Going to a film screening
153. Going to a cooking demonstration
154. Going to a cultural fair
155. Going to a wine and cheese tasting
156. Going to a farmers' market
157. Going to a vintage flea market
158. Going to a science museum
159. Going to a planetarium
160. Going to a beach party
161. Going to a food truck festival
162. Going to a photography exhibition
163. Going to a craft fair
164. Going to a charity run or walk event
165. Going to a poetry workshop
166. Going to a rooftop bar
167. Going to a live theater performance
168. Going to a fashion workshop
169. Going to a historical reenactment
170. Going to a silent disco
171. Going to a cooking competition
172. Going to a roller skating rink
173. Going to a themed costume party
174. Going to a pottery workshop
175. Going to a wine and chocolate pairing
176. Going to a dance workshop
177. Going to a wildlife safari
178. Going to a hot air balloon festival
179. Going to a kite festival
180. Going to a beer tasting event
181. Going to a virtual reality arcade