

Ideas for Shifting Attention Through Pleasurable Activities

(Adapted from The Dialectical Behavior Therapy Skills Workbook, McKay et.al.2007)

Talk to or visit a friend	Invite a friend to your home
Exercise	Go for a long walk in a peaceful location
Jog	Go for a swim
Ride your bike	Get a massage
Get out of your house, even if you sit outside	Plan a trip to a place you've never been before
Go for a drive in your car or take a ride on public transportation	Eat chocolate or something else you really like
Take a nap	Go out for something to eat
Write in your journal	Spend time with your pet
Cook your favorite meal or a new recipe you've never tried before	Borrow a friend's dog and take it for a walk
Watch or read something funny	Watch television
Listen to the radio	Go to a sporting event
Play a game with a friend	Play solitaire
Play video games	Do a puzzle with a lot of pieces
Go to the mall or the park and watch other people	Call a crisis or suicide hotline and talk to someone
Sell something you don't want on the internet or in a yard sale	Go to a spa
Go shopping	Go to a bookstore
Get a haircut	Create your own website or blog
Go to the library	Join a group at your place of worship
Visit a museum or art gallery	Sing or learn how to sing
Pray or meditate	Write a song
Go to church, synagogue, temple, mosque, or other place of worship	Listen to some upbeat music
Play a musical instrument or learn how to play one	Take photographs
Learn a new language	Sing in a local choir
Work outside	Plant a garden
Change your hair color	Knit, crochet, or sew
Go to the movie theater and watch whatever is playing	Paint your nails
Join a support group	Take a soothing bath or shower
Turn on some loud music and dance	Join a club
Make a scrapbook	Read your favorite book, magazine, or paper

My own favorite healthy, satisfying activities:
