

## Pivot Behavioral Health

### Pleasant Events

**Instructions:** Take a read through the following list of potentially pleasant events that you could engage in. Mark down which one or ones you are willing to try.

**Date:** \_\_\_\_\_

<b>Activity</b>	<input type="checkbox"/>
Going out to dinner	<input type="checkbox"/>
Eating out with friends or associates	<input type="checkbox"/>
Having lunch with friends	<input type="checkbox"/>
Going to a museum or exhibit	<input type="checkbox"/>
Going downtown	<input type="checkbox"/>
Going to a shopping mall, garage sales, flea markets	<input type="checkbox"/>
Getting new clothes, shoes, or jewelry	<input type="checkbox"/>
Wearing new clothes	<input type="checkbox"/>
Going to the library or bookstore	<input type="checkbox"/>
Attending social functions	<input type="checkbox"/>
Going on a date	<input type="checkbox"/>
Being with someone I love	<input type="checkbox"/>
Being with my boyfriend or girlfriend	<input type="checkbox"/>
Being with happy people	<input type="checkbox"/>
Having friends come to visit	<input type="checkbox"/>
Attending group activities	<input type="checkbox"/>
Going to service, social, or club activities	<input type="checkbox"/>
Hanging out with friends	<input type="checkbox"/>
Visiting friends or having friends visit	<input type="checkbox"/>
Having a frank and open conversation	<input type="checkbox"/>
Discussing a topic of interest (sports, fashion, politics, news)	<input type="checkbox"/>
Discussing philosophy or religion	<input type="checkbox"/>
Talking on the phone	<input type="checkbox"/>
Talking about sports	<input type="checkbox"/>

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Talking about sex	<input type="checkbox"/>
Talking about my hobby or special interest	<input type="checkbox"/>
Talking about my family	<input type="checkbox"/>
Apologizing	<input type="checkbox"/>
Expressing my love to someone	<input type="checkbox"/>
Asking for help or advice	<input type="checkbox"/>
Saying something clearly	<input type="checkbox"/>
Speaking your mind thoughtfully	<input type="checkbox"/>
Standing up for yourself respectfully	<input type="checkbox"/>
Giving constructive feedback	<input type="checkbox"/>
Giving somebody a compliment	<input type="checkbox"/>
Speaking a foreign language	<input type="checkbox"/>
Meeting someone new	<input type="checkbox"/>
Introducing people who I think would like each other	<input type="checkbox"/>
Watching TV or listening to the radio	<input type="checkbox"/>
Going to the movies	<input type="checkbox"/>
Going to concerts	<input type="checkbox"/>
Going to a play, musical, comedy show	<input type="checkbox"/>
Going to a sporting event	<input type="checkbox"/>
Going to the zoo	<input type="checkbox"/>
Bird watching	<input type="checkbox"/>
Swimming	<input type="checkbox"/>
Biking, skating, or rollerblading	<input type="checkbox"/>
Playing lawn sports (croquet, horseshoes, badminton)	<input type="checkbox"/>
Jogging, hiking, or walking	<input type="checkbox"/>
Walking barefoot	<input type="checkbox"/>
Playing tennis, racquetball, table tennis, handball, squash	<input type="checkbox"/>
Playing Frisbee or catch	<input type="checkbox"/>

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Golfing or miniature golf	<input type="checkbox"/>
Fishing	<input type="checkbox"/>
Playing board games	<input type="checkbox"/>
Playing card games	<input type="checkbox"/>
Playing chess or checkers	<input type="checkbox"/>
Working on or solving a problem, puzzle, or crossword	<input type="checkbox"/>
Puzzles, crosswords, brain teasers	<input type="checkbox"/>
Rock climbing	<input type="checkbox"/>
Playing baseball or softball	<input type="checkbox"/>
Playing basketball	<input type="checkbox"/>
Playing football	<input type="checkbox"/>
Playing soccer, rugby, hockey, lacrosse, etc.	<input type="checkbox"/>
Boating (canoeing, kayaking, sailing)	<input type="checkbox"/>
Playing computer games	<input type="checkbox"/>
Bowling	<input type="checkbox"/>
Competing in a sporting event	<input type="checkbox"/>
Learning something new (a language, how to play a musical instrument, etc.)	<input type="checkbox"/>
Learning something artistic (painting, pottery, etc.)	<input type="checkbox"/>
Reading stories, novels, poems, or plays	<input type="checkbox"/>
Reading a newspaper or magazine	<input type="checkbox"/>
Reading a “how-to” book or article	<input type="checkbox"/>
Reading a comic strips or comic books	<input type="checkbox"/>
Writing stories, novels, plays, poetry, essays, reports, etc.	<input type="checkbox"/>
Writing or arranging songs or music	<input type="checkbox"/>
Writing and sending letters, cards, or notes	<input type="checkbox"/>
Completing a difficult task	<input type="checkbox"/>
Planning or organizing something	<input type="checkbox"/>

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Going to a lecture or listening to a speaker of interest	<input type="checkbox"/>
Researching something on the internet	<input type="checkbox"/>
Taking a test when well-prepared	<input type="checkbox"/>
Helping out more around the house	<input type="checkbox"/>
Doing “odd jobs” around the house	<input type="checkbox"/>
Washing my own clothes	<input type="checkbox"/>
Pleasing my parents	<input type="checkbox"/>
Pleasing employers, teachers, etc.	<input type="checkbox"/>
Spending time with my parents	<input type="checkbox"/>
Spending time with my relatives	<input type="checkbox"/>
Buying something for my family	<input type="checkbox"/>
Baking	<input type="checkbox"/>
Cooking	<input type="checkbox"/>
Caring for houseplants	<input type="checkbox"/>
Helping out in the yard, gardening, landscaping	<input type="checkbox"/>
Doing heavy outdoor work (cutting wood, clearing land, farm work, etc.)	<input type="checkbox"/>
Washing the car	<input type="checkbox"/>
Working on machines (cars, bikes, motorcycles, tractors, etc.)	<input type="checkbox"/>
Driving skillfully	<input type="checkbox"/>
Sewing	<input type="checkbox"/>
Rearranging or redecorating my bedroom	<input type="checkbox"/>
Cleaning my bedroom	<input type="checkbox"/>
Helping fix things around the house	<input type="checkbox"/>
Playing a musical instrument	<input type="checkbox"/>
Singing	<input type="checkbox"/>
Singing with a group	<input type="checkbox"/>
Playing with a musical group	<input type="checkbox"/>
Dancing	<input type="checkbox"/>

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Cheering or rooting	<input type="checkbox"/>
Craft and art work (drawing, painting, sculpting, pottery, movie making)	<input type="checkbox"/>
Taking pictures	<input type="checkbox"/>
Needle work (knitting, crocheting, embroidery)	<input type="checkbox"/>
Photography	<input type="checkbox"/>
Woodworking or carpentry	<input type="checkbox"/>
Collecting things	<input type="checkbox"/>
Purchasing or putting on makeup	<input type="checkbox"/>
Getting a makeover or facial	<input type="checkbox"/>
Getting haircut or going to the hairdresser	<input type="checkbox"/>
Getting a manicure or pedicure	<input type="checkbox"/>
Getting a workout	<input type="checkbox"/>
Working on my physical appearance	<input type="checkbox"/>
Having free time	<input type="checkbox"/>
Playing with a pet	<input type="checkbox"/>
Being with animals	<input type="checkbox"/>
Meditating or doing yoga	<input type="checkbox"/>
Taking a nap	<input type="checkbox"/>
Taking a bubble bath or soothing bath	<input type="checkbox"/>
Taking a shower	<input type="checkbox"/>
Going to a sauna or hot tub	<input type="checkbox"/>
Being alone	<input type="checkbox"/>
Writing in a journal or diary or keeping a scrapbook or photo album	<input type="checkbox"/>
Sleeping late	<input type="checkbox"/>
Waking up early in the morning	<input type="checkbox"/>
Subscribing to a special magazine	<input type="checkbox"/>
Listening to music	<input type="checkbox"/>
Sunbathing	<input type="checkbox"/>

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Looking at the moon or stargazing	<input type="checkbox"/>
Daydreaming	<input type="checkbox"/>
Thinking about something good in the future	<input type="checkbox"/>
Thinking about myself or my problems	<input type="checkbox"/>
Thinking about other people's problems	<input type="checkbox"/>
Thinking about people I like	<input type="checkbox"/>
Solving a personal problem	<input type="checkbox"/>
Staying up late	<input type="checkbox"/>
Eating a favorite dessert	<input type="checkbox"/>
Eating a favorite candy or chocolate	<input type="checkbox"/>
Drinking a favorite beverage (tea, hot chocolate, juice, milkshake, etc.)	<input type="checkbox"/>
Cooking a favorite meal	<input type="checkbox"/>
Canning, freezing, making preserves, etc.	<input type="checkbox"/>
Volunteering	<input type="checkbox"/>
Charity work	<input type="checkbox"/>
Doing favors for others	<input type="checkbox"/>
Visiting people who are sick, shut in, or in trouble	<input type="checkbox"/>
Making contributions to religious, charitable, or other groups	<input type="checkbox"/>
Giving gifts	<input type="checkbox"/>
Helping or counseling someone	<input type="checkbox"/>
Helping someone who is disadvantaged or in need	<input type="checkbox"/>
Getting a part-time job	<input type="checkbox"/>
Going to a place of worship	<input type="checkbox"/>
Praying	<input type="checkbox"/>
Reading the Scripture or other sacred works	<input type="checkbox"/>
Participating in a church function	<input type="checkbox"/>
Attending a youth group	<input type="checkbox"/>