The Official “Don’t Shoot The Unicorn!” Pleasurable Activities List!

Go to your church, synagogue, temple, or other place of worship
Write in your journal
Write a loving letter to yourself when you are feeling good, and keep it with you to read when you’re feeling upset
Call a family member you haven’t spoken to in a long time
Learn a new language
Go to a bookstore, drink coffee, and read
Draw a picture
Make a list of the people you admire and describe what it is you like about them
Write a song
Listen to some upbeat, happy music (start making a collection to play when you’re feeling upset)
Write a story about the craziest or funniest thing that has ever happened to you
Make a list of ten things you would like to do before you die
Turn on some loud music and dance
Memorize lines from your favorite movie, play or song
Write a letter to someone who has made your life better and tell them why (you don’t have to send the letter)
Make a movie or video
Plan a dream trip
Put down all of your electronics and listen
Go home early from work
Eat something healthy
Practice karate, judo, yoga, pilates, tai-chi, etc...
Think about retirement
Repair things around the house
Work on your car, bike, boat
Visit a house of worship or holy place
Remember the words and deeds of loving people
Wear sexy clothes (or under clothes!)
Do nothing
Take care of plants/ herb garden
Have a quiet evening
Buy or sell stock
Go swimming
Doodle like your life depends on it!
Exercise
Go to a party
Write a letter to your higher power
Think about Christmas presents you’d give to others
Play golf
Play soccer
Fly a kite
Have a discussion with friends
Have a family get-together
Ride a motorbike
Have an orgasm (with a partner, or by yourself)
Go camping
Hang out in a hammock
Sing around the house
Arrange flowers
Practice your faith
Lose weight
Go to the beach
Make a list of ten things you’re good at or like about yourself and keep it with you to read when you’re feeling upset
Think: “I’m an OK person!”
Schedule a day with nothing to do
Plan or attend a class reunion
Go skating
Go sailing
Travel somewhere
Paint a portrait, a wall, or a piece of furniture
Do something spontaneously
Do embroidery, needlepoint, crewel, etc.
Sleep!
Entertain/ Invite friends over
Go to clubs or join a group
Think about getting married
Go hunting/ fishing/ on a wildlife photo expedition
Sing with a big group
Flirt shamelessly
Do something “artsy-craftsy”
Make a gift for someone
Watch racing, boxing, wrestling
Plan a party. Who would you invite?
Cook/ Bake something fun
Go hiking
Write a book (poem, article)
Sew
Buy clothes, or at least try on something fun
Go out to dinner
Go to work with a positive, productive attitude
Discuss books or movies
Sightsee
Work in the yard/ Plant a small garden
Go to the beauty parlor
Enjoy early morning coffee and newspaper
Play tennis
Kiss
Watch children (play)
Think: “I have a lot more going for me than most people”
Going to a play or concert
Hug people
Daydream
Plan to go back to school
Fantasize about having sex
Go for a drive
Refinish furniture
Make to-do lists
Go bike riding

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Walk in the woods (or at the waterfront)
Make a gift for someone
Visit a local or national park
Complete a task
Eating gooey, fattening foods (in moderation!)
Teach someone to do something
Take pictures
Don’t eat a snack, and feel good about being disciplined
Fly with animals
Flying a kite
Reading fiction
Act/ Participate in a local theatre group
Be alone
Clean something
Read a nonfiction/ historic book
Take children places
Fantasize about someone fantasizing about you
Go on a picnic
Allow yourself to think: “I did that pretty well”
Create something
Soak in the bathtub/ Hot shower
Plan a new career
Plan how to get out of debt
Collect simple things (coins, shells, etc.)
Go on a short vacation / “staycation”
Think about how it will feel when you finish school
Recycle old items
Go on a date
Practice relaxing
Go to a movie
Jog or walk somewhere quiet
Think: “I have done a good day’s work!”
Listen to music
Recall memories of past parties
Buy a cool household gadget
Lay in the sun looking at clouds
Lay in the sun looking at clouds
Laugh
Think about past trips or vacations
Listen carefully to others
Read a favorite magazine or newspaper
Indulge a hobby
Spend an evening with good friends
Plan a day’s activities
Meet someone new on purpose
Coach a sports team
Remember beautiful scenery
Save money
Gamble (within your budget)
Meditate/ Pray/ Walk “In the light”
Play volleyball
Having lunch with a friend
Go to the mountains
Think about having a family
Think about happy moments from childhood
Splurge on something silly
Play cards
Solve riddles mentally
Have a discussion about religion or politics
Play softball
Play guitar or piano, or learn to play an instrument
Do a crossword puzzles
Shoot pool
Dress up and look extra nice
Reflect on how you’ve grown and improved
Talk on the phone
Text an old friend “out of the blue”
Go to a museum/ gallery
Light candles
Get a massage/ go to a spa
Say “I love you”
Think about your strengths
Taking a sauna or a steam bath
Go skiing
White-water canoeing/ rafting
Go bowling
Do woodworking
Fantasize about the future
Take a dance class
Sit in a sidewalk café
Put together an aquarium
Enjoy erotica (sex books, movies)
Go horseback riding
Think about becoming active in the community
Do something new just to do it
Think: “I’m a person who can cope”
Cook your favorite dish or meal
Go out and visit a friend
Cook a recipe that you’ve never tried before
Take a cooking class
Go outside and play with your pet
Borrow a friend’s dog and take it to the park
Lift weights
Give your cat a bath
Go outside and watch the birds and other animals
Stretch your muscles
Find something funny to do, like reading the Sunday comics
Eat your favorite ice cream
Visit fun Web sites and keep a list of them
Watch a funny movie (start collecting funny movies to watch when you’re feeling overwhelmed)
Go get a haircut/ new hair color
Go to a sporting event, like a baseball game
Play a game with a friend
Do something exciting like surfing, rock climbing, skiing, skydiving, motorcycle riding, or kayaking, or go learn how to do one of these things
Play solitaire
Play video games
Go online to chat
Go to your local playground and join a game being played or watch a game
Write your own list of self-care activities
Make a scrapbook with pictures
Paint your nails/ Trim your nails/ Get a Mani-Pedi
Try food from another culture
Drive around with your windows all down

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Seven “pleasurable” things I will actually commit to doing:

1.
2.
3.
4.
5.
6.
7.

Remember: “That thing I always wanted to do was…”

Inspired by Dr. Marsha Linehan’s book: DBT Skills Training Handouts and Worksheets