



WORKSHEET

Planning exercise | Identify and schedule pleasant activities

People who are stressed or depressed almost always withdraw from participation in activities that they once found satisfying, rewarding, pleasurable, or just plain fun. It is very important to break this cycle of withdrawal and to begin reinvesting in the activities of life, the relationships around you, and the things you do well. A starting point for this task of reinvestment or reinvolverment is to create an inventory of all those things that you found to be pleasant events in the past.

WORKSHEET

Planning exercise | Identify and schedule pleasant activities

- 1. On the lines that follow, write down a description in only a few words of those activities that you found pleasurable and pleasant in the past. These enjoyable activities should include (1) positive social interactions (e.g., spending time with a good friend), (2) useful or productive activities (e.g., caring for your child, doing a job well), and (3) intrinsically pleasant activities (e.g., a meal at your favorite restaurant, listening to favorite music, taking a warm bath). During this brainstorming session, allow yourself to freely recall any pleasant and enjoyable activities without censoring them based on whether you think you have the energy for them or whether they are feasible. You may want to ask significant others to give input to your list, but please remember that this is your list of personal pleasant activities and must reflect events that you find enjoyable.**

[illegible]

WORKSHEET

Planning exercise | Identify and schedule pleasant activities

2. Now select from your list of pleasant events seven that you believe are most likely for you to engage in. In the seven lines, list those activities and then write a few words that describe what was positive about the activity or why you found it pleasant or enjoyable.

	Most Likely Activities	Why Pleasant?
1.		
2.		
3.		
4.		
5.		
6.		
7.		



WORKSHEET

Planning exercise | Identify and schedule pleasant activities

3. On the following lines, schedule one pleasant activity per day to which you are committed. Include the time of day and with whom you might share the activity.

	Activity	When and With Whom
Day 1		
Day 2		
Day 3		
Day 4		
Day 5		
Day 6		
Day 7		

WORKSHEET

Planning exercise | Identify and schedule pleasant activities

4. On the following lines, record the activity engaged in and the degree of satisfaction on a scale of 1 (low) to 10 (high) that was felt during and after the engagement with the pleasant event. Also record the effect that the pleasant event had on your mood using a scale of 1 (no positive effect) to 10 (strong uplifting effect on mood).

	Activity	Satisfaction	Effect on Mood
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			
Day 6			
Day 7			