



## Accumulating Positive Emotions: Short Term

Accumulate positive emotions in the short term by doing these things.

### **BUILD POSITIVE EXPERIENCES NOW**

- INCREASE PLEASANT EVENTS that lead to positive emotions.
- Do ONE THING each day from the Pleasant Events List.  
(See *Emotion Regulation Handout 16*.)
- Practice opposite action; AVOID AVOIDING.
- BE MINDFUL of pleasant events (no multitasking).

### **BE MINDFUL OF POSITIVE EXPERIENCES**

- FOCUS your attention on positive moments when they are happening.  
No multitasking.
- REFOCUS your attention when your mind wanders to the negative.
- PARTICIPATE and ENGAGE fully in each experience.

### **BE UNMINDFUL OF WORRIES**

Such as . . .

- When the positive experience will end.
- Whether you deserve this positive experience.
- How much more might be expected of you now.



## Pleasant Events List

1. ☐ Working on my car
2. ☐ Planning a career
3. ☐ Getting out of (paying down) debt
4. ☐ Collecting things (baseball cards, coins, stamps, rocks, shells, etc.)
5. ☐ Going on vacation
6. ☐ Thinking how it will be when I finish school
7. ☐ Recycling old items
8. ☐ Going on a date
9. ☐ Relaxing
10. ☐ Going to or watching a movie
11. ☐ Jogging, walking
12. ☐ Thinking, "I have done a full day's work"
13. ☐ Listening to music
14. ☐ Thinking about past parties
15. ☐ Buying household gadgets
16. ☐ Lying in the sun
17. ☐ Planning a career change
18. ☐ Laughing
19. ☐ Thinking about past trips
20. ☐ Listening to other people
21. ☐ Reading magazines or newspapers
22. ☐ Engaging in hobbies (stamp collecting, model building, etc.)
23. ☐ Spending an evening with good friends
24. ☐ Planning a day's activities
25. ☐ Meeting new people
26. ☐ Remembering beautiful scenery
27. ☐ Saving money
28. ☐ Going home from work
29. ☐ Eating
30. ☐ Practicing karate, judo, yoga
31. ☐ Thinking about retirement
32. ☐ Repairing things around the house
33. ☐ Working on machinery (cars, boats, etc.)
34. ☐ Remembering the words and deeds of loving people
35. ☐ Wearing shocking clothes
36. ☐ Having quiet evenings
37. ☐ Taking care of my plants
38. ☐ Buying, selling stock
39. ☐ Going swimming
40. ☐ Doodling
41. ☐ Exercising
42. ☐ Collecting old things
43. ☐ Going to a party
44. ☐ Thinking about buying things
45. ☐ Playing golf
46. ☐ Playing soccer
47. ☐ Flying kites
48. ☐ Having discussions with friends
49. ☐ Having family get-togethers
50. ☐ Riding a bike or motorbike
51. ☐ Running track
52. ☐ Going camping
53. ☐ Singing around the house
54. ☐ Arranging flowers
55. ☐ Practicing religion (going to church, group praying, etc.)
56. ☐ Organizing tools
57. ☐ Going to the beach
58. ☐ Thinking, "I'm an OK person"
59. ☐ Having a day with nothing to do
60. ☐ Going to class reunions
61. ☐ Going skating, skateboarding, rollerblading
62. ☐ Going sailing or motorboating
63. ☐ Traveling or going on vacations
64. ☐ Painting
65. ☐ Doing something spontaneously
66. ☐ Doing needlepoint, crewel, etc.
67. ☐ Sleeping
68. ☐ Driving
69. ☐ Entertaining, giving parties
70. ☐ Going to clubs (garden clubs, Parents without Partners, etc.)
71. ☐ Thinking about getting married
72. ☐ Going hunting

**(continued on next page)**

*Note.* For adults or adolescents. Adapted from Linehan, M. M., Sharp, E., & Ivanoff, A. M. (1980, November). *The Adult Pleasant Events Schedule*. Paper presented at the meeting of the Association for Advancement of Behavior Therapy, New York. Adapted by permission of the authors.

From *DBT Skills Training Handouts and Worksheets, Second Edition*, by Marsha M. Linehan. Copyright 2015 by Marsha M. Linehan. Permission to photocopy this handout is granted to purchasers of *DBT Skills Training Handouts and Worksheets, Second Edition*, and *DBT Skills Training Manual, Second Edition*, for personal use and use with individual clients only. (See page ii of this packet for details.)

- 73. ☐ Singing with groups
- 74. ☐ Flirting
- 75. ☐ Playing musical instruments
- 76. ☐ Doing arts and crafts
- 77. ☐ Making a gift for someone
- 78. ☐ Buying/downloading music
- 79. ☐ Watching boxing, wrestling
- 80. ☐ Planning parties
- 81. ☐ Cooking
- 82. ☐ Going hiking
- 83. ☐ Writing (books, poems, articles)
- 84. ☐ Sewing
- 85. ☐ Buying clothes
- 86. ☐ Going out to dinner
- 87. ☐ Working
- 88. ☐ Discussing books; going to a book club
- 89. ☐ Sightseeing
- 90. ☐ Getting a manicure/pedicure or facial
- 91. ☐ Going to the beauty parlor
- 92. ☐ Early morning coffee and newspaper
- 93. ☐ Playing tennis
- 94. ☐ Kissing
- 95. ☐ Watching my children (play)
- 96. ☐ Thinking, "I have a lot more going for me than most people"
- 97. ☐ Going to plays and concerts
- 98. ☐ Daydreaming
- 99. ☐ Planning to go (back) to school
- 100. ☐ Thinking about sex
- 101. ☐ Going for a drive
- 102. ☐ Refinishing furniture
- 103. ☐ Watching TV
- 104. ☐ Making lists of tasks
- 105. ☐ Walking in the woods (or at the waterfront)
- 106. ☐ Buying gifts
- 107. ☐ Completing a task
- 108. ☐ Going to a spectator sport (auto racing, horse racing)
- 109. ☐ Teaching
- 110. ☐ Photography
- 111. ☐ Going fishing
- 112. ☐ Thinking about pleasant events
- 113. ☐ Staying on a diet
- 114. ☐ Playing with animals
- 115. ☐ Flying a plane
- 116. ☐ Reading fiction
- 117. ☐ Acting
- 118. ☐ Being alone
- 119. ☐ Writing diary entries or letters
- 120. ☐ Cleaning
- 121. ☐ Reading nonfiction
- 122. ☐ Taking children places
- 123. ☐ Dancing
- 124. ☐ Weightlifting
- 125. ☐ Going on a picnic
- 126. ☐ Thinking, "I did that pretty well," after doing something
- 127. ☐ Meditating, yoga
- 128. ☐ Having lunch with a friend
- 129. ☐ Going to the mountains
- 130. ☐ Playing hockey
- 131. ☐ Working with clay or pottery
- 132. ☐ Glass blowing
- 133. ☐ Going skiing
- 134. ☐ Dressing up
- 135. ☐ Reflecting on how I've improved
- 136. ☐ Buying small things for myself (perfume, golf balls, etc.)
- 137. ☐ Talking on the phone
- 138. ☐ Going to museums
- 139. ☐ Thinking religious thoughts
- 140. ☐ Lighting candles
- 141. ☐ White-water canoeing/rafting
- 142. ☐ Going bowling
- 143. ☐ Doing woodworking
- 144. ☐ Fantasizing about the future
- 145. ☐ Taking ballet/tap-dancing classes
- 146. ☐ Debating
- 147. ☐ Sitting in a sidewalk café
- 148. ☐ Having an aquarium
- 149. ☐ Participating in "living history" events
- 150. ☐ Knitting
- 151. ☐ Doing crossword puzzles
- 152. ☐ Shooting pool
- 153. ☐ Getting a massage
- 154. ☐ Saying, "I love you"
- 155. ☐ Playing catch, taking batting practice
- 156. ☐ Shooting baskets
- 157. ☐ Seeing and/or showing photos
- 158. ☐ Thinking about my good qualities
- 159. ☐ Solving riddles mentally
- 160. ☐ Having a political discussion
- 161. ☐ Buying books

*(continued on next page)*

## EMOTION REGULATION HANDOUT 16 (p. 3 of 3)

- 162. ☐ Taking a sauna or a steam bath
- 163. ☐ Checking out garage sales
- 164. ☐ Thinking about having a family
- 165. ☐ Thinking about happy moments in my childhood
- 166. ☐ Splurging
- 167. ☐ Going horseback riding
- 168. ☐ Doing something new
- 169. ☐ Working on jigsaw puzzles
- 170. ☐ Playing cards
- 171. ☐ Thinking, "I'm a person who can cope"
- 172. ☐ Taking a nap
- 173. ☐ Figuring out my favorite scent
- 174. ☐ Making a card and giving it to someone I care about
- 175. ☐ Instant-messaging/texting someone
- 176. ☐ Playing a board game (e.g., Monopoly, Life, Clue, Sorry)
- 177. ☐ Putting on my favorite piece of clothing
- 178. ☐ Making a smoothie and drinking it slowly
- 179. ☐ Putting on makeup
- 180. ☐ Thinking about a friend's good qualities
- 181. ☐ Completing something I feel great about
- 182. ☐ Surprising someone with a favor
- 183. ☐ Surfing the Internet
- 184. ☐ Playing video games
- 185. ☐ E-mailing friends
- 186. ☐ Going walking or sledding in a snowfall
- 187. ☐ Getting a haircut
- 188. ☐ Installing new software
- 189. ☐ Buying a CD or music on iTunes
- 190. ☐ Watching sports on TV
- 191. ☐ Taking care of my pets
- 192. ☐ Doing volunteer service
- 193. ☐ Watching stand-up comedy on YouTube
- 194. ☐ Working in my garden
- 195. ☐ Participating in a public performance (e.g., a flash mob)
- 196. ☐ Blogging
- 197. ☐ Fighting for a cause
- 198. ☐ Conducting experiments
- 199. ☐ Expressing my love to someone
- 200. ☐ Going on field trips, nature walks, exploring (hiking away from known routes, spelunking)
- 201. ☐ Gathering natural objects (wild foods or fruit, driftwood)
- 202. ☐ Going downtown or to a shopping mall
- 203. ☐ Going to a fair, carnival, circus, zoo, or amusement park
- 204. ☐ Going to the library
- 205. ☐ Joining or forming a band
- 206. ☐ Learning to do something new
- 207. ☐ Listening to the sounds of nature
- 208. ☐ Looking at the moon or stars
- 209. ☐ Outdoor work (cutting or chopping wood, farm work)
- 210. ☐ Playing organized sports (baseball, softball, football, Frisbee, handball, paddleball, squash, soccer, tennis, volleyball, etc.)
- 211. ☐ Playing in the sand, a stream, the grass; kicking leaves, pebbles, etc.
- 212. ☐ Protesting social, political, or environmental conditions
- 213. ☐ Reading cartoons or comics
- 214. ☐ Reading sacred works
- 215. ☐ Rearranging or redecorating my room or the house
- 216. ☐ Selling or trading something
- 217. ☐ Snowmobiling or riding a dune buggy/ATV
- 218. ☐ Social networking
- 219. ☐ Soaking in the bathtub
- 220. ☐ Learning or speaking a foreign language
- 221. ☐ Talking on the phone
- 222. ☐ Composing or arranging songs or music
- 223. ☐ Thrift store shopping
- 224. ☐ Using computers
- 225. ☐ Visiting people who are sick, shut in, or in trouble

Other: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## PLEASANT ACTIVITIES LIST: PANDEMIC EDITION

- ☐ Sorting vacation photos
- ☐ Going on a virtual date
- ☐ Relaxing
- ☐ Watching a movie
- ☐ Jogging, walking
- ☐ Thinking, "I put in a full day's work today"
- ☐ Listening to my favorite music
- ☐ Thinking about past parties
- ☐ Buying household gadgets online
- ☐ Lying in a sunbeam
- ☐ Planning a career change
- ☐ Laughing
- ☐ Thinking about past trips
- ☐ Listening to other people
- ☐ Reading magazines or newspapers
- ☐ Engaging in hobbies (model building, knitting, etc.)
- ☐ Planning a day's activities
- ☐ Meeting new people online
- ☐ Remembering beautiful scenery
- ☐ Saving money
- ☐ Drawing a "tattoo" on myself
- ☐ Writing a song parody
- ☐ Going "home" from "work": shutting down email, changing shirt
- ☐ Eating
- ☐ Sewing
- ☐ Practicing karate, judo, yoga
- ☐ Thinking about retirement
- ☐ Repairing things around the house
- ☐ Working on my machines
- ☐ Remembering the words and deeds of loving people
- ☐ Deep clean appliances
- ☐ Wearing shocking clothes
- ☐ Having quiet evenings
- ☐ Cuddling my pet(s)
- ☐ Taking care of my plants
- ☐ Buying, selling stock
- ☐ Doodling
- ☐ Exercising
- ☐ Thinking about buying things
- ☐ Having discussions with friends
- ☐ Riding a bike
- ☐ Singing around the house
- ☐ Arranging flowers
- ☐ Practicing religion
- ☐ Organizing tools
- ☐ Going to the beach
- ☐ Thinking, "I'm an OK person"
- ☐ Having a day with nothing to do
- ☐ Reuniting with old class mates on social media
- ☐ Painting
- ☐ Doing something spontaneously
- ☐ Doing needlepoint, crewel, etc.
- ☐ Sleeping
- ☐ Listening to an audiobook
- ☐ Driving
- ☐ Thinking about getting married
- ☐ Taking a sauna or a steam bath
- ☐ Thinking about having a family
- ☐ Dancing
- ☐ Thinking about happy moments in my childhood
- ☐ Splurging
- ☐ Doing something new
- ☐ Working on jigsaw puzzles
- ☐ Playing cards
- ☐ Soaking in the bath
- ☐ Thinking, "I'm a person who can cope"
- ☐ Taking a nap
- ☐ Figuring out my favorite scent
- ☐ Making a card and sending it to someone I care about
- ☐ Instant-messaging/texting someone

- ☐ Playing a board game
- ☐ Putting on favorite clothing
- ☐ Drinking a smoothie slowly
- ☐ Thinking, "I am doing well right now"
- ☐ Putting on makeup
- ☐ Working on my car
- ☐ Planning how to get out of debt (applying for funding, creating a budget etc.)
- ☐ Thinking about a friend's good qualities
- ☐ Completing something I feel great about
- ☐ Surprising someone with a favor
- ☐ Surfing the Internet
- ☐ Playing video games
- ☐ E-mailing friends
- ☐ Planning a career
- ☐ Going walking or sledding in a snowfall
- ☐ Trimming my own hair
- ☐ Solving riddles
- ☐ Installing new software
- ☐ Buying music
- ☐ Watching sports on TV
- ☐ Meditating
- ☐ Following an online tutorial
- ☐ Taking care of my pets
- ☐ Doing volunteer service
- ☐ Watching funny videos/comedies
- ☐ Working in my garden
- ☐ Blogging
- ☐ Fighting for a cause
- ☐ Conducting experiments
- ☐ Putting lotion on myself/others
- ☐ Expressing my love to someone
- ☐ Going on nature walks, exploring (hiking away from known routes)
- ☐ Playing a visual/spatial game
- ☐ Political discussions with friends
- ☐ Joining or forming a band
- ☐ Learning to do something new
- ☐ Listening to the sounds of nature
- ☐ Looking at the moon or stars
- ☐ Taking an online class
- ☐ Outdoor work in my yard (cutting or chopping wood, farm work)
- ☐ Creating memes
- ☐ Sorting clothes
- ☐ Playing in the sand, a stream, the grass; kicking leaves, pebbles, etc.
- ☐ Protesting social, political, or environmental conditions
- ☐ Reading cartoons or comics
- ☐ Reading sacred works
- ☐ Thinking how it will be when I finish school
- ☐ Dying my hair
- ☐ Creating art with photography
- ☐ Rearranging or redecorating my room or the house
- ☐ Thinking about how much I've grown
- ☐ Snowmobiling or riding a dune buggy/ ATV
- ☐ Writing silly poems
- ☐ Social networking
- ☐ Soaking in the bathtub
- ☐ Learning or speaking a foreign language
- ☐ Dressing up my pet(s)
- ☐ Talking on the phone
- ☐ Composing or arranging music
- ☐ Baking
- ☐ Browsing Wikipedia
- ☐ Sorting your change
- ☐ Playing a math game
- ☐ Making paper dolls
- ☐ Telling a joke
- ☐ Teaching someone something new
- ☐ Making someone laugh
- ☐ Telling someone about my day
- ☐ Doing my nails
- ☐ Asking someone about their day
- ☐ Colouring
- ☐ Checking in on people who are sick, isolated, or in trouble

- [illegible]

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_