

EMOTION REGULATION HANDOUT (cont.)

- 130. Dancing
- 131. Going on a picnic
- 132. Thinking "I did that pretty well"

- 133. Meditating
- 134. Playing volleyball
- 135. Having lunch with a friend
- 136. Going to the mountains
- 137. Thinking about having a family
- 138. Thoughts about happy moments

- 139. Spending money on something you want
- 140. Playing cards
- 141. Solving riddles with your mind
- 142. Having a debate about something
- 143. Playing softball
- 144. Watching photos or slides

- 145. Playing guitar
- 146. Knitting or cross stitching
- 147. Doing crossword puzzles
- 148. Playing pool or bumper pool
- 149. Dressing up and looking nice
- 150. Thinking about how you have improved
- 151. Buying something for yourself

- 152. Talking on the phone
- 153. Going to museums
- 154. Thinking about nature
- 155. Lighting candles
- 156. Listening to the radio
- 157. Getting a massage
- 158. Saying "I love you" to your best friends and family
- 159. Thinking about your good qualities
- 160. Buying books
- 161. Taking a sauna or a steam bath
- 162. Going skiing
- 163. White-water canoeing
- 164. Going bowling
- 165. Doing woodworking
- 166. Thinking about the future
- 167. Taking ballet, tap dancing
- 168. Debating
- 169. Sitting in a sidewalk cafe
- 170. Having an aquarium
- 171. Joining a team
- 172. Going horseback riding
- 173. Becoming active in the community

- 174. Doing something you have not done in a long time
- 175. Making your own jigsaw puzzles
- 176. Thinking about how you can cope with anything

Other: _____

Note. Adapted from The Adult *Pleasant Events Schedule* by M. M. Linehan, E. Sharp, and A. M. Ivanoff, 1980, November, paper presented at the meeting of the Association for Advancement of Behavior Therapy, New York. Adapted by permissions of the authors.

EMOTION REGULATION HANDOUT(cont.)

63. Going skating or skateboarding
64. Going fishing or boating
65. Traveling somewhere new

66. Painting
67. Doing something spontaneously
68. Doing a word puzzle or word search
69. Sleeping
70. Driving
71. Starting a new friendship
72. Joining a team or clubs

73. Thinking about growing up.
74. Learning to use a rifle or bow and arrow
75. Singing with other kids

76. Drawing your own cartoon
77. Playing musical instruments
78. Doing arts and crafts
79. Making a gift for someone
80. Buying records
81. Watching boxing, wrestling
82. Planning a party
83. Cooking something new
84. Going hiking
85. Writing a story or poem
86. Sewing
87. Buying clothes
88. Going out to dinner
89. Working
90. Talking about movies, books or comics
91. Going to a park
92. Gardening
93. Going to the beach
94. Early morning milk and doughnuts
95. Playing tennis
96. Arm Wrestling

97. Watching other kids play
98. Thinking about good things in your life
99. Going to plays and concerts

100. Daydreaming
101. Planning to go to school
102. Thinking about your heroes
103. Going for a drive with someone
104. Listening to music
105. Fixing or staining furniture
106. Watching TV
107. Making "To Do" lists
108. Going bike riding
109. Walking in the woods or around a lake

110. Buying gifts
111. Traveling to national parks
112. Completing a task
113. Making a list of your favorite movies
114. Going to a spectator sport

115. Eating gooey, fattening foods
116. Teaching other kids how to do something
117. Photography
118. Going fishing
119. Thinking about fun things to do
120. Staying on a diet
121. Playing with animals
122. Flying a remote control plane
123. Reading fiction
124. Acting
125. Being alone - sometimes
126. Writing in a diary
127. Cleaning
128. Reading nonfiction
129. Babysitting – if you are mature enough

EMOTION REGULATION HANDOUT

Child Pleasant Events Schedule

1. Soaking in the bathtub or shower
2. Planning your day or week
3. Getting outside and playing
4. Collecting things (coins, stamps, etc.)
5. Planning a vacation
6. Thinking about having fun at school
7. Recycling old items
8. Playing with a friend
9. Relaxing
10. Going to a movie
11. Jogging,
12. Thinking I have done a full days work
13. Listening to music
14. Remembering things in the past
15. Buying fun cards or toys with your money
16. Lying in the sun
17. Planning to do something new
18. Laughing
19. Thinking about past vacations
20. Listening to others
21. Reading comics or books
22. Hobbies (building models, painting, etc)
23. Spending the night with a friend
24. Planning an activity at night
25. Meeting new people
26. Remembering beautiful scenery
27. Saving money
28. Playing cards or a board game
29. Going to a friends
30. Eating
31. Practicing karate, judo, yoga
32. Thinking about graduating from school
33. Helping out around the house
34. Working on your bicycle
35. Remembering the words and actions of special people
36. Wearing colorful or fun clothes
37. Having a quiet evening
38. Taking care of plants
39. Learning about investing and stocks
40. Going swimming
41. Doodling
42. Exercising
43. Collecting old things
44. Going to a party
45. Thinking about buying things
46. Playing miniature or regular golf
47. Playing soccer
48. Flying kites
49. Talking with friends
50. Having a family get-together
51. Riding a motorbike
52. Having a sleepover
53. Running around the yard or block
54. Going camping
55. Singing around the house
56. Planting or arranging flowers
57. Practicing religion (going to church, temple or youth activities)
58. Doing something to get in shape -- losing weight
59. Going to the beach
60. Thinking about being an OK person
61. A day with nothing to do
62. Having a class or team party