

How what we do affects how we feel

Instructions

1. Begin with a statement of fact. Something that is a fact, with no judgment involved. For example, it is raining. I have no energy. I have diabetes. Write that fact on a mood level of 5
2. Think about things that you could do that would bring your mood down. Go down one mood level at a time. For example, things you could do that would bring your mood down to a level 4, then a level 3, then a level 2, then a level 1. Write them down on the right level.
3. Then try and think of things you could do that would make you feel better. Think of things that would bring you to increasingly high mood levels.

9. _____
8. _____
7. _____
6. _____
5. FACT: _____
4. _____
3. _____
2. _____
1. _____

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Directions for Rating & Tracking Pleasant Activities

Please go through this list and circle things that seem like they would be fun for you. There are no right or wrong answers. Work quickly - there are many items and you do not need to make fine distinctions on your ratings. The schedule should take about an hour to complete.

FREQUENCY

HOW OFTEN HAVE THESE EVENTS HAPPENED DURING THE PAST MONTH?

On the following pages you will find a list of activities, events, and experiences.

Please answer this question by rating each item on the following scale:

- 0 - This has not happened in the past 30 days.
- 1 - This has happened a few times (1 to 6) in the past 30 days.
- 2 - This has happened often (7 times or more) in the past 30 days.

Circle your rating for each item under the column labeled "Frequency" to the right of each item.

Example:

Item number 1 is "Being outside in nature." Suppose you have been outside in nature three times during the past 30 days. Then you would mark a "1" to the right of item 1.

Some items will list more than one event; for these items, indicate how often you have done any of the listed events. For example, item number 12 is "Doing art work (painting, sculpture, drawing, movie-making, etc.)." Your response to item 12 should reflect how often you have done any form of artwork in the past month.

You may find that many of the events have not happened to you in the past 30 days. It is not expected that anyone will have done all of these things in one month.

PLEASANT?

HOW PLEASANT, ENJOYABLE, OR REWARDING WAS EACH EVENT?

Answer this question by rating each event on the following scale:

- 0 - This was not pleasant. Use this rating for events that were either neutral or unpleasant.
- 1 - This was somewhat pleasant. Use this rating for events that were mildly or moderately pleasant.
- 2 - This was very pleasant. Use this rating for events that were strongly or extremely pleasant.

Circle your rating for each item.

Example:

Item number 1 is "Being outside in nature." Suppose that each time you were outside in nature in the past 30 days you enjoyed it a great deal. Then you would mark a "2" to the right of item 1.

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If an event has happened to you more than once during the past month, try to rate how pleasant it was on the average. If an event has not happened to you during the past month, then rate it according to how much fun you think it would have been. When an item lists more than one event, rate it on the events you have actually done. If you haven't done any of the events in such an item, give it the average rating of the events in that item that you would like to have done.

PLEASANT ACTIVITIES

		Frequency			Pleasant?		
		Never	Sometimes	Often	Not	Somewhat	Very
1.	Being outside in nature	0	1	2	0	1	2
2.	Wearing expensive or formal clothes	0	1	2	0	1	2
3.	Making contributions to religious, charitable, or other groups	0	1	2	0	1	2
4.	Talking about sports	0	1	2	0	1	2
5.	Meeting someone new of the same sex	0	1	2	0	1	2
6.	Taking tests when well prepared	0	1	2	0	1	2
7.	Going to a rock concert	0	1	2	0	1	2
8.	Playing baseball or softball	0	1	2	0	1	2
9.	Planning trips or vacations	0	1	2	0	1	2
10.	Buying things for myself	0	1	2	0	1	2
11.	Being at the beach	0	1	2	0	1	2
12.	Doing art work (painting, sculpture, drawing, movie-making, etc.)	0	1	2	0	1	2
13.	Rock climbing or mountaineering	0	1	2	0	1	2
14.	Reading the Scriptures or other sacred works	0	1	2	0	1	2
15.	Playing golf	0	1	2	0	1	2
16.	Taking part in military activities	0	1	2	0	1	2
17.	Rearranging or redecorating my room or house	0	1	2	0	1	2
18.	Going naked	0	1	2	0	1	2
19.	Going to a sports event	0	1	2	0	1	2
20.	Reading a "How to Do It" book or article	0	1	2	0	1	2
21.	Going to the races (horse, car, boat, etc.)	0	1	2	0	1	2
22.	Reading stories, novels, poems, or plays	0	1	2	0	1	2
23.	Going to a bar, tavern, club, etc.	0	1	2	0	1	2
24.	Going to lectures or hearing speakers	0	1	2	0	1	2
25.	Driving skillfully	0	1	2	0	1	2
26.	Breathing clean air	0	1	2	0	1	2
27.	Thinking up or arranging a song or music	0	1	2	0	1	2
28.	Getting drunk	0	1	2	0	1	2
29.	Saying something clearly	0	1	2	0	1	2
30.	Boating (canoeing, kyaking, motor-boating, sailing, etc.)	0	1	2	0	1	2
31.	Pleasing my parents	0	1	2	0	1	2

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		Frequency			Pleasant?		
		Never	Sometimes	Often	Not	Somewhat	Very
32.	Restoring antiques, finishing furniture, etc.	0	1	2	0	1	2
33.	Watching TV	0	1	2	0	1	2
34.	Talking to myself	0	1	2	0	1	2
35.	Camping	0	1	2	0	1	2
36.	Working in politics	0	1	2	0	1	2
37.	Working on machines (cars, bikes, motorcycles, tractors, etc.)	0	1	2	0	1	2
38.	Thinking about something good in the future	0	1	2	0	1	2
39.	Playing cards	0	1	2	0	1	2
40.	Completing a difficult task	0	1	2	0	1	2
41.	Laughing	0	1	2	0	1	2
42.	Solving a problem, puzzle, crossword, etc.	0	1	2	0	1	2
43.	Being at weddings, baptisms, confirmations, etc.	0	1	2	0	1	2
44.	Social Media - Facebook / Pinterest / Twitter / Instagram / etc...	0	1	2	0	1	2
45.	Shaving	0	1	2	0	1	2
46.	Having lunch with friends or associates	0	1	2	0	1	2
47.	Participating in an online community	0	1	2	0	1	2
48.	Playing tennis	0	1	2	0	1	2
49.	Taking a shower	0	1	2	0	1	2
50.	Driving long distances	0	1	2	0	1	2
51.	Woodworking, carpentry	0	1	2	0	1	2
52.	Writing short stories, novels, plays, or poetry	0	1	2	0	1	2
53.	Being with animals	0	1	2	0	1	2
54.	Riding in an airplane	0	1	2	0	1	2
55.	Exploring (hiking away from known routes, spelunking, etc.)	0	1	2	0	1	2
56.	Having a frank and open conversation	0	1	2	0	1	2
57.	Singing in a group	0	1	2	0	1	2
58.	Thinking about myself or my problems	0	1	2	0	1	2
59.	Working on my job	0	1	2	0	1	2
60.	Going to a party	0	1	2	0	1	2
61.	Going to church functions (socials, classes, bazaars, etc.)	0	1	2	0	1	2
62.	Speaking a foreign language	0	1	2	0	1	2
63.	Going to service, civic, or social club meetings	0	1	2	0	1	2
64.	Going to a business meeting or a convention	0	1	2	0	1	2
65.	Being in a sporty or expensive car	0	1	2	0	1	2
66.	Playing a musical instrument	0	1	2	0	1	2
67.	Making snacks	0	1	2	0	1	2
68.	Snow skiing	0	1	2	0	1	2
69.	Being helped	0	1	2	0	1	2
70.	Wearing informal clothes	0	1	2	0	1	2
71.	Combing or brushing my hair	0	1	2	0	1	2
72.	Acting	0	1	2	0	1	2

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		Frequency			Pleasant?		
		Never	Sometimes	Often	Not	Somewhat	Very
73.	Taking a nap	0	1	2	0	1	2
74.	Being with friends	0	1	2	0	1	2
75.	Canning, freezing, making preserves, etc.	0	1	2	0	1	2
76.	Driving fast	0	1	2	0	1	2
77.	Solving a personal problem	0	1	2	0	1	2
78.	Being in a city	0	1	2	0	1	2
79.	Taking a bath	0	1	2	0	1	2
80.	Singing to myself	0	1	2	0	1	2
81.	Making food or crafts to sell or give away	0	1	2	0	1	2
82.	Playing pool or billiards	0	1	2	0	1	2
83.	Being with my grandchildren	0	1	2	0	1	2
84.	Playing chess or checkers	0	1	2	0	1	2
85.	Doing craft work (pottery, jewelry, leather, beads, weaving, etc.)	0	1	2	0	1	2
86.	Weighing myself	0	1	2	0	1	2
87.	Playing video games	0	1	2	0	1	2
88.	Putting on makeup, fixing my hair, etc.	0	1	2	0	1	2
89.	Designing or drafting	0	1	2	0	1	2
90.	Visiting people who are sick, shut in, or in trouble	0	1	2	0	1	2
91.	Cheering, rooting	0	1	2	0	1	2
92.	Bowling	0	1	2	0	1	2
93.	Being popular at a gathering	0	1	2	0	1	2
94.	Watching wild animals	0	1	2	0	1	2
95.	Having an original idea	0	1	2	0	1	2
96.	Gardening, landscaping, or doing yard work	0	1	2	0	1	2
97.	Shoplifting	0	1	2	0	1	2
98.	Reading essays or technical, academic, or professional literature	0	1	2	0	1	2
99.	Wearing new clothes	0	1	2	0	1	2
100.	Dancing	0	1	2	0	1	2
101.	Sitting in the sun	0	1	2	0	1	2
102.	Riding a motorcycle	0	1	2	0	1	2
103.	Just sitting and thinking	0	1	2	0	1	2
104.	Social drinking	0	1	2	0	1	2
105.	Seeing good things happen to my family or friends	0	1	2	0	1	2
106.	Going to a fair, carnival, circus, zoo, or amusement park	0	1	2	0	1	2
107.	Talking about philosophy or religion	0	1	2	0	1	2
108.	Gambling	0	1	2	0	1	2
109.	Planning or organizing something	0	1	2	0	1	2
110.	Smoking marijuana	0	1	2	0	1	2
111.	Having a drink by myself	0	1	2	0	1	2
112.	Listening to the sounds of nature	0	1	2	0	1	2
113.	Dating, courting, etc.	0	1	2	0	1	2
114.	Having a lively talk	0	1	2	0	1	2

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		Never	Sometimes	Often	Not	Somewhat	Very
115.	Racing in a car, motorcycle, boat, etc.	0	1	2	0	1	2
116.	Listening to the radio	0	1	2	0	1	2
117.	Having friends come to visit	0	1	2	0	1	2
118.	Competing in sports	0	1	2	0	1	2
119.	Introducing people I think would like each other	0	1	2	0	1	2
120.	Giving gifts	0	1	2	0	1	2
121.	Going to school or government meetings, court sessions, etc.	0	1	2	0	1	2
122.	Getting massages or back rubs	0	1	2	0	1	2
123.	Getting letters, cards, or notes	0	1	2	0	1	2
124.	Watching the sky, clouds, or a storm	0	1	2	0	1	2
125.	Going on outings (to the park, a picnic, a barbecue, etc.)	0	1	2	0	1	2
126.	Playing basketball	0	1	2	0	1	2
127.	Buying something for my family	0	1	2	0	1	2
128.	Photography	0	1	2	0	1	2
129.	Giving a speech or lecture	0	1	2	0	1	2
130.	Reading maps	0	1	2	0	1	2
131.	Gathering natural objects (wild bath, etc.	0	1	2	0	1	2
132.	Working on my finances	0	1	2	0	1	2
133.	Wearing clean clothes	0	1	2	0	1	2
134.	Making a major purchase or investment (car, appliances, house, stocks, etc.)	0	1	2	0	1	2
135.	Helping someone	0	1	2	0	1	2
136.	Being in the mountains	0	1	2	0	1	2
137.	Getting a job advancement (being promoted, given a raise, or offered a better job; getting accepted to a better school, etc.)	0	1	2	0	1	2
138.	Hearing jokes	0	1	2	0	1	2
139.	Winning a bet	0	1	2	0	1	2
140.	Talking about my children or grandchildren	0	1	2	0	1	2
141.	Meeting someone new of the opposite sex	0	1	2	0	1	2
142.	Going to a revival or crusade	0	1	2	0	1	2
143.	Talking about my health	0	1	2	0	1	2
144.	Seeing beautiful scenery	0	1	2	0	1	2
145.	Eating good meals	0	1	2	0	1	2
146.	Improving my health (having my teeth fixed, getting new glasses, changing my diet, etc.)	0	1	2	0	1	2
147.	Being downtown	0	1	2	0	1	2
148.	Wrestling or boxing	0	1	2	0	1	2
149.	Hunting or shooting	0	1	2	0	1	2
150.	Playing in a musical group	0	1	2	0	1	2
151.	Hiking	0	1	2	0	1	2
152.	Going to a museum or exhibit	0	1	2	0	1	2
153.	Writing papers, essays, articles, reports, memos, etc.	0	1	2	0	1	2

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		Frequency			Pleasant?		
		Never	Sometimes	Often	Not	Somewhat	Very
154.	Doing a job well	0	1	2	0	1	2
155.	Having spare time	0	1	2	0	1	2
156.	Fishing	0	1	2	0	1	2
157.	Loaning something	0	1	2	0	1	2
158.	Being noticed as sexually attractive	0	1	2	0	1	2
159.	Pleasing employers, teachers, etc.	0	1	2	0	1	2
160.	Counseling someone	0	1	2	0	1	2
161.	Going to a health club, sauna	0	1	2	0	1	2
162.	Having someone criticize me	0	1	2	0	1	2
163.	Learning to do something new	0	1	2	0	1	2
164.	Going to a "Drive-through" (Dairy Queen, McDonald's, etc.)	0	1	2	0	1	2
165.	Complimenting or praising someone	0	1	2	0	1	2
166.	Thinking about people I like	0	1	2	0	1	2
167.	Being at a fraternity or sorority	0	1	2	0	1	2
168.	Playing collaborative online games	0	1	2	0	1	2
169.	Being with my parents	0	1	2	0	1	2
170.	Horseback riding	0	1	2	0	1	2
171.	Protesting social, political, or environmental conditions	0	1	2	0	1	2
172.	Talking on the telephone	0	1	2	0	1	2
173.	Having daydreams	0	1	2	0	1	2
174.	Kicking leaves, sand, pebbles, etc.	0	1	2	0	1	2
175.	Playing lawn sports(badminton, croquet, shuffleboard, horseshoes, etc.)	0	1	2	0	1	2
176.	Going to school reunions, alumni meetings, etc.	0	1	2	0	1	2
177.	Seeing famous people	0	1	2	0	1	2
178.	Going to the movies	0	1	2	0	1	2
179.	Kissing	0	1	2	0	1	2
180.	Being alone	0	1	2	0	1	2
181.	Budgeting my time	0	1	2	0	1	2
182.	Cooking meals	0	1	2	0	1	2
183.	Being praised by people I admire	0	1	2	0	1	2
184.	Outwitting a "superior"	0	1	2	0	1	2
185.	Feeling the presence of the Lord in my life	0	1	2	0	1	2
186.	Doing a project in my own way	0	1	2	0	1	2
187.	Doing "odd jobs" around the house	0	1	2	0	1	2
188.	Crying	0	1	2	0	1	2
189.	Being told I am needed	0	1	2	0	1	2
190.	Being at a family reunion or get-together	0	1	2	0	1	2
191.	Giving a party or get-together	0	1	2	0	1	2
192.	Washing my hair	0	1	2	0	1	2
193.	Coaching someone	0	1	2	0	1	2
194.	Going to a restaurant	0	1	2	0	1	2
195.	Seeing or smelling a flower or plant	0	1	2	0	1	2
196.	Being invited out	0	1	2	0	1	2

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		Frequency			Pleasant?		
		Never	Sometimes	Often	Not	Somewhat	Very
197.	Receiving honors (civic, military, etc.)	0	1	2	0	1	2
198.	Using cologne, perfume, or aftershave	0	1	2	0	1	2
199.	Having someone agree with me	0	1	2	0	1	2
200.	Reminiscing, talking about old times	0	1	2	0	1	2
201.	Getting up early in the morning	0	1	2	0	1	2
202.	Having peace and quiet	0	1	2	0	1	2
203.	Doing experiments or other scientific work	0	1	2	0	1	2
204.	Visiting friends	0	1	2	0	1	2
205.	Writing in a diary	0	1	2	0	1	2
206.	Playing football	0	1	2	0	1	2
207.	Being counseled	0	1	2	0	1	2
208.	Saying prayers	0	1	2	0	1	2
209.	Giving massages or back rubs	0	1	2	0	1	2
210.	Hitchhiking	0	1	2	0	1	2
211.	Meditating or doing yoga	0	1	2	0	1	2
212.	Seeing a fight	0	1	2	0	1	2
213.	Doing favors for people	0	1	2	0	1	2
214.	Talking with people on the job or in class	0	1	2	0	1	2
215.	Being relaxed	0	1	2	0	1	2
216.	Being asked for help or advice	0	1	2	0	1	2
217.	Thinking about other people's problems	0	1	2	0	1	2
218.	Playing board games (Monopoly, Scrabble, etc.)	0	1	2	0	1	2
219.	Sleeping soundly at night	0	1	2	0	1	2
220.	Doing heavy outdoor work (cutting or chopping wood, clearing land, farm work, etc.)	0	1	2	0	1	2
221.	Reading the newspaper	0	1	2	0	1	2
222.	Shocking people, swearing, making obscene gestures, etc.	0	1	2	0	1	2
223.	Snowmobiling or dune-buggy riding	0	1	2	0	1	2
224.	Being in a body-awareness, sensitivity, encounter, therapy, or "rap" group	0	1	2	0	1	2
225.	Dreaming at night	0	1	2	0	1	2
226.	Playing ping-pong	0	1	2	0	1	2
227.	Brushing my teeth	0	1	2	0	1	2
228.	Swimming	0	1	2	0	1	2
229.	Being in a fight	0	1	2	0	1	2
230.	Running, jogging, or doing gymnastics, fitness, or field exercises	0	1	2	0	1	2
231.	Walking barefoot	0	1	2	0	1	2
232.	Playing frisbee or catch	0	1	2	0	1	2
233.	Doing housework or laundry; cleaning things	0	1	2	0	1	2
234.	Being with my roommate	0	1	2	0	1	2
235.	Listening to music	0	1	2	0	1	2
236.	Arguing	0	1	2	0	1	2
237.	Knitting, 'crocheting, embroidery, or fancy needlework	0	1	2	0	1	2

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		Frequency			Pleasant?		
		Never	Sometimes	Often	Not	Somewhat	Very
238.	Petting, necking	0	1	2	0	1	2
239.	Amusing people	0	1	2	0	1	2
240.	Talking about sex	0	1	2	0	1	2
241.	Going to a barber or beautician	0	1	2	0	1	2
242.	Having house guests	0	1	2	0	1	2
243.	Being with someone I love	0	1	2	0	1	2
244.	Reading magazines	0	1	2	0	1	2
245.	Sleeping late	0	1	2	0	1	2
246.	Starting a new project	0	1	2	0	1	2
247.	Being stubborn	0	1	2	0	1	2
248.	Having sexual relations	0	1	2	0	1	2
249.	Having other sexual satisfactions	0	1	2	0	1	2
250.	Going to the library	0	1	2	0	1	2
251.	Playing soccer, rugby, hockey, lacrosse, etc.	0	1	2	0	1	2
252.	Preparing a new or special food	0	1	2	0	1	2
253.	Bird-watching	0	1	2	0	1	2
254.	Shopping	0	1	2	0	1	2
255.	Watching people	0	1	2	0	1	2
256.	Building or watching a fire	0	1	2	0	1	2
257.	Winning an argument	0	1	2	0	1	2
258.	Selling or trading something	0	1	2	0	1	2
259.	Finishing a project or task	0	1	2	0	1	2
260.	Confessing or apologizing	0	1	2	0	1	2
261.	Repairing things	0	1	2	0	1	2
262.	Working with others as a team	0	1	2	0	1	2
263.	Bicycling	0	1	2	0	1	2
264.	Telling people what to do	0	1	2	0	1	2
265.	Being with happy people	0	1	2	0	1	2
266.	Playing party games	0	1	2	0	1	2
267.	Writing letters, cards, or notes	0	1	2	0	1	2
268.	Talking about politics or public affairs	0	1	2	0	1	2
269.	Asking for help or advice	0	1	2	0	1	2
270.	Going to banquets, luncheons, potlucks, etc.	0	1	2	0	1	2
271.	Talking about my hobby or special interest	0	1	2	0	1	2
272.	Watching attractive women or men	0	1	2	0	1	2
273.	Smiling at people	0	1	2	0	1	2
274.	Playing in sand, a stream, the grass, etc.	0	1	2	0	1	2
275.	Talking about other people	0	1	2	0	1	2
276.	Being with my husband or wife	0	1	2	0	1	2
277.	Having people show interest in what I have said	0	1	2	0	1	2
278.	Going on field trips, nature walks, etc.	0	1	2	0	1	2
279.	Expressing my love to someone	0	1	2	0	1	2
280.	Smoking tobacco	0	1	2	0	1	2
281.	Caring for houseplants	0	1	2	0	1	2
282.	Having coffee, tea, a coke, etc., with friends	0	1	2	0	1	2

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		Frequency			Pleasant?		
		Never	Sometimes	Often	Not	Somewhat	Very
283.	Taking a walk	0	1	2	0	1	2
284.	Collecting things	0	1	2	0	1	2
285.	Playing handball, paddleball, squash, etc.	0	1	2	0	1	2
286.	Sewing	0	1	2	0	1	2
287.	Suffering for a good cause	0	1	2	0	1	2
288.	Remembering a departed friend or loved one, visiting the cemetery	0	1	2	0	1	2
289.	Doing things with children	0	1	2	0	1	2
290.	Beach combing	0	1	2	0	1	2
291.	Being complimented or told I have done well	0	1	2	0	1	2
292.	Being told I am loved	0	1	2	0	1	2
293.	Eating snacks	0	1	2	0	1	2
294.	Staying up late	0	1	2	0	1	2
295.	Having family members or friends do something that makes me proud of them	0	1	2	0	1	2
296.	Being with my children	0	1	2	0	1	2
297.	Going to auctions, garage sales, etc.	0	1	2	0	1	2
298.	Thinking about an interesting question	0	1	2	0	1	2
299.	Doing volunteer work, working on community service projects	0	1	2	0	1	2
300.	Water skiing, surfing, scuba diving	0	1	2	0	1	2
301.	Receiving money	0	1	2	0	1	2
302.	Defending or protecting someone; stopping fraud or abuse	0	1	2	0	1	2
303.	Hearing a good sermon	0	1	2	0	1	2
304.	Picking up a hitchhiker	0	1	2	0	1	2
305.	Winning a competition	0	1	2	0	1	2
306.	Making a new friend	0	1	2	0	1	2
307.	Talking about my job or school	0	1	2	0	1	2
308.	Reading cartoons, comic strips, or comic books	0	1	2	0	1	2
309.	Borrowing something	0	1	2	0	1	2
310.	Traveling with a group	0	1	2	0	1	2
311.	Seeing old friends	0	1	2	0	1	2
312.	Teaching someone	0	1	2	0	1	2
313.	Programming a computer	0	1	2	0	1	2
314.	Traveling	0	1	2	0	1	2
315.	Going to office parties or departmental get-togethers	0	1	2	0	1	2
316.	Attending a concert, opera, or ballet	0	1	2	0	1	2
317.	Playing with pets	0	1	2	0	1	2
318.	Going to a play	0	1	2	0	1	2
319.	Looking at the stars or moon	0	1	2	0	1	2
320.	Being coached	0	1	2	0	1	2
321.	_____	0	1	2	0	1	2
322.	_____	0	1	2	0	1	2
323.	_____	0	1	2	0	1	2

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		Frequency			Pleasant?		
		Never	Sometimes	Often	Not	Somewhat	Very
324.	_____	0	1	2	0	1	2
325.	_____	0	1	2	0	1	2
326.	_____	0	1	2	0	1	2
327.	_____	0	1	2	0	1	2
328.	_____	0	1	2	0	1	2
329.	_____	0	1	2	0	1	2

ADAPTED from the Pleasant Events Rating Scale, 1971 by D.J. MacPhillamy & P.M. Lewinsohn; and the Pleasant Activities List (PAL) by Koks, J.C., Roozen, H.G., Wiersema, J., Strietman, M. (2006).

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Pleasurable Activity Log

Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday
Morning						
Afternoon						
Evening						

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PROGRESSIVE MUSCLE RELAXATION

Go through the different muscle groups in the order shown below. Remember to tense and relax each group twice in a row. Then move on to the next group of muscles.

Hands	Tighten your right hand by making a fist and squeezing. Do this twice. Repeat with the left hand.
Forearms and back of hands	With your right arm resting on the chair and the back of your hand facing up, bend your hand at the wrist, pointing your fingers straight up. Study the tension this creates in the back of your hand and forearm. Repeat. Now do it with the left hand and arm.
Biceps	Flex large muscles in your upper arm by trying to touch your right shoulder with your right fist, tightening the biceps. Repeat. Right arm first, then left.
Shoulders	Bring your shoulders up, as if to touch your ears with them. Repeat.
Forehead	Wrinkle up your forehead by bringing your eyebrows up as far as they will go. Repeat.
Face	Wrinkle your nose and close your eyes tightly. Repeat.
Lips	Press your lips tightly together. Repeat.
Tongue	Push your tongue into the roof of your mouth. Repeat.
Neck	Press your head against the back of the chair. Repeat.
Chest	Take a breath that is so deep you can feel it stretch your chest muscles. Hold it. Release it slowly. Feel yourself relax as the air leaves your lungs. Repeat.
Stomach	Suck in and tighten your abdomen, as though preparing to receive a punch in the stomach. Repeat.
Back	Arch your back away from the chair. Repeat.
Legs and thighs	Lift your legs up from the chair, holding them straight out in the air. Repeat.
Calves	Point your toes back toward your chest, creating tension in your lower legs. Repeat.
Feet	Curl your toes downward, as if digging them into sand. Feel the tension in your arches. Repeat.

PROGRESSIVE MUSCLE RELAXATION

Go through the muscle groups in the following way:

- 1) tense for 5-10 seconds
- 2) study the tension
- 3) relax (about 20 seconds). Let the muscles go totally loose and let the tension go completely.
- 4) notice the difference between tensing and relaxing
- 5) OPTIONAL: tense again or tense half way and repeat the process of studying the tension and relaxing

Mindfulness and the Art of Chocolate Eating

Jon Kabat-Zinn

This should take around 3-4 minutes.

You will need small bars of chocolate enough for each member of the class. Alternatively the students can take a piece of chocolate from a large bar. Please read each instruction one at a time before moving on to the next stage. Approach the exercise with an open mind and a gentle curiosity. There are no rights or wrongs, just individual experiences.

Consider the wrapped chocolate -

- Does the wrapper make a sound?
- What color is it?
- What does it say?
- Where did it come from?

Open the chocolate, slowly -

- Do you feel a sense of anticipation, or an urge to immediately put the chocolate in your mouth?
- What physical sensations do you have?
- What emotions are you feeling? Just note them.

Look at the chocolate-

- Consider its texture, color, and weight...

Smell the chocolate

- Does the smell trigger any other senses?
- Where do you feel your sense of smell?

Place the chocolate in your mouth but DO NOT EAT!!

- How does it feel as it melts?
- Where in your mouth can you taste it?
- What is the consistency?
- What is happening with your mouth, teeth, tongue, lips as it melts?

Move the chocolate around your mouth

- Does the area of taste change?
- Does the taste itself change?
- What is happening to the chocolate?
- How do you feel?

Swallow the chocolate, focusing on the sensation.

- Is there a lingering taste?

How do you feel physically and emotionally?

Take a little while to consider the experience.

Group Discussion

How was this different from your general chocolate-eating experiences?

- More intense?
- Frustrating?
- More pleasurable?

Were you more aware of your emotions during the exercise?

Would this change your future experience of eating chocolate?

Why?