







# Pleasant Events

## DBT: Emotion Regulation Skills

Engaging in pleasant events may be more important to your mental health than you realize. This worksheet will help you explore your beliefs about pleasant events, as well as explore, plan, and keep track of them so you can effectively boost your mood.

### What are pleasant events?

Pleasant events are activities - big or small - that bring you joy, contentment, happiness, or inspiration. Examples include:

 talking to a loved one	 playing your favorite video game
 joining a pickup basketball game	 enjoying a cup of tea
 taking a day trip	 dinner out with friends

Purposely engaging in pleasant events can:

- boost your mood - so much so that it is a core part of behavior activation, an evidence-based treatment for depression
- connect you more deeply with yourself, your interests, your values, or other people
- teach your brain to notice more positive emotions and experiences in the future

As Dialectical Behavior Therapy (DBT) explains, pleasant events are like food: *nutritious food does you no good if you don't eat it, and pleasant events do you no good if you don't experience them.*

### Your beliefs about pleasant events

However, some common beliefs can get in the way of engaging in and benefitting from pleasant events. Take a look at the list below and mark or circle where your beliefs fall:

More pleasant events in my life would make me happier	_____	Not sure/ Neutral	_____	Whether or not pleasant events happen, I'll still feel the same
Engaging in pleasant events on purpose is okay to do	_____	Not sure/ Neutral	_____	Engaging in pleasant events on purpose is selfish or indulgent
Everyone deserves to engage in pleasant events	_____	Not sure/ Neutral	_____	I don't deserve to engage in pleasant events
Pleasant events have value even if they are temporary	_____	Not sure/ Neutral	_____	I feel down when pleasant events end; why try at all?
Pleasant events don't have to cost money to be valuable	_____	Not sure/ Neutral	_____	Pleasant events worth engaging in are too expensive

\*This worksheet provides information but is not a substitute for therapy. It works best with guidance from a professional.



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Consider your answers to the questions above. Wherever your beliefs fall, where do you think they came from? Your family, community, culture, religion, personal values?

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If you circled any beliefs on the right side of the page, when have these beliefs been correct? Is there a risk to changing these beliefs? Are there benefits to changing these beliefs?

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How do you think you might benefit if you experimented with planning more pleasant events in your daily life?

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### Making pleasant events happen

The first step to engaging in more pleasant events is brainstorming. You may have plenty of ideas, but if you're looking for inspiration, check out our [list of 136 pleasant events](#), arranged by:

- **themes**, like relaxation, social connection, and creative outlets
- **distance from home**, ranging from on your couch to around your town or city
- **cost**, with a variety of free options

On our [tracker worksheet](#), you can plan pleasant events for the coming week - try one per day.

While engaging in pleasant events, it's important to do two things:

- **Engage mindfully**: take in the experience with all your senses. Savor the event in the moment. Avoid multitasking or spacing out.
- **Let go of worries**: sometimes people worry they don't deserve to enjoy the event, that they will feel down when the event is over, or that the event won't go well. Try your best to acknowledge these worries, but let them float on by.



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# Additional Resources to Support Your Mental Health Journey

It can be hard to know where to begin looking for support in your mental health journey. Getting a referral from a primary care physician is a reliable first step. Also, sometimes family and friends have experienced similar issues and have professionals they would recommend. The experts at ChoosingTherapy.com are here to help as well, with resources we have reviewed and recommend. Our [strict editorial standards](#) ensure our reviews are fair, honest, thorough, and based on firsthand experience.

## You Can Trust ChoosingTherapy.com



**325+**  
Companies Reviewed



**3,625+**  
Hours of Firsthand Experience



**1,545+**  
Data Points Analyzed



### [Best Online Therapy](#)

Online therapy is a convenient way to connect with a licensed therapist to address mental health issues, reduce unhealthy behaviors, develop effective coping skills, and get more satisfaction out of life. Many companies accept insurance and most have next-day appointments available.

### [Best Online Psychiatry](#)

Online psychiatry providers enable patients to consult with licensed psychiatrists and other mental health professionals. They can evaluate, diagnose, and prescribe medication to help manage mental health issues. Many companies accept insurance and most have next-day appointments available.



### [Best Mental Health Apps](#)

Apps can be great way to monitor mood, track sleep, journal, and practice healthy coping skills like mindfulness and meditation. There are apps specifically designed to help people reduce the symptoms of depression, anxiety, ADHD, chronic stress, and burnout.

### [Therapist Directory](#)

When you're looking for a mental health provider with a very particular skill set, level of experience, or personality type, a therapist directory can be very helpful. Using the filters, you can refine your search until you find a therapist who feels like a perfect fit.





# Tools for Self-Assessment and Psychoeducation

Figuring out the next step in your mental health journey can be overwhelming. Developed by psychologists, the tools at [ChoosingTherapy.com](https://www.ChoosingTherapy.com) can help. Our mental health self-assessment quizzes can help you explore common symptoms of mental health concerns, as well as find the best therapy style for you. Our mental health worksheets can guide you through therapy concepts and how to use them in your life.

## [Learn More with Mental Health Quizzes](#)

Our collection of psychologist-developed mental health quizzes can help you learn if you are experiencing mild, moderate, or concerning levels of anxiety, depression, stress, burnout, and more. Each quiz also provides targeted resources based on your answers. These self-assessments are designed to offer insight, not diagnoses, and can be a helpful first step in recognizing symptoms and deciding whether to seek further support. If you have concerns about your mental health or your quiz results, we recommend you reach out to a licensed mental health professional.



## [Free Mental Health Worksheets](#)

Search our collection of therapy worksheets by mental health topic, therapy modality, or demographic group. Our free, psychologist-developed worksheets make therapy exercises understandable and relevant to daily life. Find worksheets for help with ADHD, anxiety, depression, relationship difficulties, and other common mental health challenges.