

PLEASANT EVENTS SCHEDULE

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This schedule is designed to find out about the things you have enjoyed during the past month. The schedule contains a list of events or activities which people sometimes enjoy. You will be asked to go over the list twice, the first time rating each event or how many times it has happened in the past month and the second time rating each event on how pleasant it has been for you. There are no right or wrong answers.

On the following pages you will find a list of activities, events, and experiences. HOW OFTEN HAVE THESE EVENTS HAPPENED IN YOUR LIFE IN THE PAST MONTH? 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 or more) in the past 30 days.

Important: Some items will list more than one event; for these items, mark 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.)”. You should rate item 12 on how often you have done any form of art work in the past month.

Since this list contains events that might happen to a wide variety of people, 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.

You are also asked to go through the list a second time indicating how pleasant each event has been for you. Please rate each item using the following scale:

- 0 = This event is not pleasant for me.
- 1 = This event may be pleasant for me.
- 2 = This event is very pleasant for me.

How Often

How Pleasant

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|-------|-------|---|
| _____ | _____ | 1. Being in the country |
| _____ | _____ | 2. Wearing expensive or formal clothes |
| _____ | _____ | 3. Making contributions to religious, charitable, or other groups |
| _____ | _____ | 4. Talking about sports |
| _____ | _____ | 5. Meeting someone new of the same sex |
| _____ | _____ | 6. Taking tests when well prepared |
| _____ | _____ | 7. Going to a rock concert |
| _____ | _____ | 8. Playing baseball or softball |
| _____ | _____ | 9. Planning trips or vacations |
| _____ | _____ | 10. Buying things for myself |
| _____ | _____ | 11. Being at the beach |
| _____ | _____ | 12. Doing art work (painting, sculpture, drawing, movie-making, etc.) |
| _____ | _____ | 13. Rock climbing or mountaineering |
| _____ | _____ | 14. Reading the Scriptures or other sacred works |
| _____ | _____ | 15. Playing golf |
| _____ | _____ | 16. Taking part in military activities |
| _____ | _____ | 17. Re-arranging or redecorating my room or house |
| _____ | _____ | 18. Going naked |
| _____ | _____ | 19. Going to a sports event |
| _____ | _____ | 20. Reading a "How to Do It" book or article |
| _____ | _____ | 21. Going to the races (horse, car, boat, etc.) |
| _____ | _____ | 22. Reading stories, novels, poems, or plays |

How Often

How Pleasant

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|-------|-------|--|
| _____ | _____ | 23. Going to a bar, tavern, club, etc. |
| _____ | _____ | 24. Going to lectures or hearing speakers |
| _____ | _____ | 25. Driving skillfully |
| _____ | _____ | 26. Breathing clean air |
| _____ | _____ | 27. Thinking up or arranging songs or music |
| _____ | _____ | 28. Getting drunk |
| _____ | _____ | 29. Saying something clearly |
| _____ | _____ | 30. Boating (canoeing, kayaking, motorboating, sailing, etc.) |
| _____ | _____ | 31. Pleasing my parents |
| _____ | _____ | 32. Restoring antiques, refinishing furniture, etc. |
| _____ | _____ | 33. Watching TV |
| _____ | _____ | 34. Talking to myself |
| _____ | _____ | 35. Camping |
| _____ | _____ | 36. Working in politics |
| _____ | _____ | 37. Working on machines (cars, bikes, motorcycles, tractors, etc.) |
| _____ | _____ | 38. Thinking about something good in the future |
| _____ | _____ | 39. Playing cards |
| _____ | _____ | 40. Completing a difficult task |
| _____ | _____ | 41. Laughing |
| _____ | _____ | 42. Solving a problem, puzzle, crossword, etc. |
| _____ | _____ | 43. Being at weddings, baptisms, confirmations, etc. |
| _____ | _____ | 44. Criticizing someone |

How Often**How Pleasant**

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| _____ | _____ | 45. Shaving |
| _____ | _____ | 46. Having lunch with friends or associates |
| _____ | _____ | 47. Taking powerful drugs |
| _____ | _____ | 48. Playing tennis |
| _____ | _____ | 49. Taking a shower |
| _____ | _____ | 50. Driving long distances |
| _____ | _____ | 51. Woodworking, carpentry |
| _____ | _____ | 52. Writing stories, novels, plays or poetry |
| _____ | _____ | 53. Being with animals |
| _____ | _____ | 54. Riding in an airplane |
| _____ | _____ | 55. Exploring (hiking away from known routes, spelunking, etc.) |
| _____ | _____ | 56. Having a frank and open conversation |
| _____ | _____ | 57. Singing in a group |
| _____ | _____ | 58. Thinking about myself or my problems. |
| _____ | _____ | 59. Working on my job |
| _____ | _____ | 60. Going to the party |
| _____ | _____ | 61. Going to church functions (socials, classes, bazaars, etc.) |
| _____ | _____ | 62. Speaking a foreign language |
| _____ | _____ | 63. Going to service, civic, or social club meetings |
| _____ | _____ | 64. Going to a business meeting or convention |
| _____ | _____ | 65. Being in a sporty or expensive car |
| _____ | _____ | 66. Playing a musical instrument |

How Often**How Pleasant**

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| _____ | _____ | 67. Making snacks |
| _____ | _____ | 68. Snow skiing |
| _____ | _____ | 69. Being helped |
| _____ | _____ | 70. Wearing informal clothes |
| _____ | _____ | 71. Combing or brushing my hair |
| _____ | _____ | 72. Acting |
| _____ | _____ | 73. Taking a nap |
| _____ | _____ | 74. Being with friends |
| _____ | _____ | 75. Canning, freezing, making preserves, etc. |
| _____ | _____ | 76. Driving fast |
| _____ | _____ | 77. Solving a personal problem |
| _____ | _____ | 78. Being in the city |
| _____ | _____ | 79. Taking a bath |
| _____ | _____ | 80. Singing to myself |
| _____ | _____ | 81. Making food or crafts to sell or give away |
| _____ | _____ | 82. Playing pool or billiards |
| _____ | _____ | 83. Being with my grandchildren |
| _____ | _____ | 84. Playing chess or checkers |
| _____ | _____ | 85. Doing craft work (pottery, jewelry, leather, beads, weaving, etc.) |
| _____ | _____ | 86. Weighing myself |
| _____ | _____ | 87. Scratching myself |
| _____ | _____ | 88. Putting on make-up, fixing my hair, etc. |
| _____ | _____ | 89. Designing or drafting |

How Often**How Pleasant**

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| _____ | _____ | 90. Visiting people who are sick, shut in, or in trouble |
| _____ | _____ | 91. Cheering, rooting |
| _____ | _____ | 92. Bowling |
| _____ | _____ | 93. Being popular at a gathering |
| _____ | _____ | 94. Watching wild animals |
| _____ | _____ | 95. Having an original idea |
| _____ | _____ | 96. Gardening, landscaping, or doing yard work |
| _____ | _____ | 97. Shoplifting |
| _____ | _____ | 98. Reading essays or technical, academic, or professional literature |
| _____ | _____ | 99. Wearing new clothes |
| _____ | _____ | 100. Dancing |
| _____ | _____ | 101. Sitting in the sun |
| _____ | _____ | 102. Riding a motorcycle |
| _____ | _____ | 103. Just sitting and thinking |
| _____ | _____ | 104. Social drinking |
| _____ | _____ | 105. Seeing good things happen to my family or friends |
| _____ | _____ | 106. Going to a fair, carnival, circus, zoo, or amusement park |
| _____ | _____ | 107. Talking about philosophy or religion |
| _____ | _____ | 108. Gambling |
| _____ | _____ | 109. Planning or organizing something |
| _____ | _____ | 110. Smoking marijuana |
| _____ | _____ | 111. Having a drink by myself |

How Often**How Pleasant**

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| _____ | _____ | 112. Listening to the sounds of nature |
| _____ | _____ | 113. Dating, courting, etc. |
| _____ | _____ | 114. Having a lively talk |
| _____ | _____ | 115. Racing in a car, motorcycle, boat, etc. |
| _____ | _____ | 116. Listening to the radio |
| _____ | _____ | 117. Having friends come over to visit |
| _____ | _____ | 118. Playing in a sporting competition |
| _____ | _____ | 119. Introducing people who I think would like each other |
| _____ | _____ | 120. Giving gifts |
| _____ | _____ | 121. Going to school or government meetings, court sessions, etc. |
| _____ | _____ | 122. Getting massages or backrubs |
| _____ | _____ | 123. Getting letters, cards, or notes |
| _____ | _____ | 124. Watching the sky, clouds, or a storm |
| _____ | _____ | 125. Going on outings (to the park, a picnic, or a barbecue, etc.) |
| _____ | _____ | 126. Playing basketball |
| _____ | _____ | 127. Buying something for my family |
| _____ | _____ | 128. Photography |
| _____ | _____ | 129. Giving a speech or lecture |
| _____ | _____ | 130. Reading maps |
| _____ | _____ | 131. Gathering natural objects (wild foods or fruit, rocks, driftwood, etc.) |
| _____ | _____ | 132. Working on my finances |
| _____ | _____ | 133. Wearing clean clothes |

How Often

How Pleasant

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|-------|-------|--|
| _____ | _____ | 134. Making a major purchase or investment (car, appliance, house, stocks, etc.) |
| _____ | _____ | 135. Helping someone |
| _____ | _____ | 136. Being in the mountains |
| _____ | _____ | 137. Getting a job advancement (being promoted, given a raise, or offered a better job, accepted into a better school, etc.) |
| _____ | _____ | 138. Hearing jokes |
| _____ | _____ | 139. Winning a bet |
| _____ | _____ | 140. Talking about my children or grandchildren |
| _____ | _____ | 141. Meeting someone new of the opposite sex |
| _____ | _____ | 142. Going to a revival or crusade |
| _____ | _____ | 143. Talking about my health |
| _____ | _____ | 144. Seeing beautiful scenery |
| _____ | _____ | 145. Eating good meals |
| _____ | _____ | 146. Improving my health (having my teeth fixed, getting new glasses, changing my diet, etc.) |
| _____ | _____ | 147. Being downtown |
| _____ | _____ | 148. Wrestling or boxing |
| _____ | _____ | 149. Hunting or shooting |
| _____ | _____ | 150. Playing in a musical group |
| _____ | _____ | 151. Hiking |
| _____ | _____ | 152. Going to a museum or exhibit |
| _____ | _____ | 153. Writing papers, essays, articles, reports, memos, etc. |
| _____ | _____ | 154. Doing a job well |

How Often**How Pleasant**

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| _____ | _____ | 155. Having spare time |
| _____ | _____ | 156. Fishing |
| _____ | _____ | 157. Lending something |
| _____ | _____ | 158. Being noticed as sexually attractive |
| _____ | _____ | 159. Pleasing employers, teachers, etc. |
| _____ | _____ | 160. Counseling someone |
| _____ | _____ | 161. Going to a health club, sauna, bath, etc. |
| _____ | _____ | 162. Having someone criticize me |
| _____ | _____ | 163. Learning to do something new |
| _____ | _____ | 164. Going to a "Drive-in" (Dairy Queen, McDonald's, etc.) |
| _____ | _____ | 165. Complimenting or praising someone |
| _____ | _____ | 166. Thinking about people I like |
| _____ | _____ | 167. Being at a fraternity or sorority |
| _____ | _____ | 168. Taking revenge on someone |
| _____ | _____ | 169. Being with my parents |
| _____ | _____ | 170. Horseback riding |
| _____ | _____ | 171. Protesting social, political, or environmental conditions |
| _____ | _____ | 172. Talking on the telephone |
| _____ | _____ | 173. Having daydreams |
| _____ | _____ | 174. Kicking leaves, sand, pebbles, etc. |
| _____ | _____ | 175. Playing lawn sports (e.g., badminton, croquet, shuffleboard, horseshoes, etc.) |
| _____ | _____ | 176. Going to school reunions, alumni meetings, etc. |

How Often**How Pleasant**

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| _____ | _____ | 177. Seeing famous people |
| _____ | _____ | 178. Going to the movies |
| _____ | _____ | 179. Kissing |
| _____ | _____ | 180. Being alone |
| _____ | _____ | 181. Budgeting my time |
| _____ | _____ | 182. Cooking meals |
| _____ | _____ | 183. Being praised by people I admire |
| _____ | _____ | 184. Outwitting a “superior” |
| _____ | _____ | 185. Feeling the presence of the Lord in my life |
| _____ | _____ | 186. Doing a project in my own way |
| _____ | _____ | 187. Doing “odd jobs” around the house |
| _____ | _____ | 188. Crying |
| _____ | _____ | 189. Being told I’m needed |
| _____ | _____ | 190. Being at a family reunion or get-together |
| _____ | _____ | 191. Giving a part or get-together |
| _____ | _____ | 192. Washing my hair |
| _____ | _____ | 193. Coaching someone |
| _____ | _____ | 194. Going to a restaurant |
| _____ | _____ | 195. Seeing or smelling a flower or plant |
| _____ | _____ | 196. Being invited out |
| _____ | _____ | 197. Receiving honors (civic, military, etc.) |
| _____ | _____ | 198. Using cologne, perfume, or aftershave |
| _____ | _____ | 199. Having someone agree with me |
| _____ | _____ | 200. Reminiscing, talking about old times |

How Often**How Pleasant**

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| _____ | _____ | 201. Getting up early in the morning |
| _____ | _____ | 202. Having peace and quiet |
| _____ | _____ | 203. Doing experiments or other scientific work |
| _____ | _____ | 204. Visiting friends |
| _____ | _____ | 205. Writing in a diary |
| _____ | _____ | 206. Playing football |
| _____ | _____ | 207. Being counseled |
| _____ | _____ | 208. Saying prayers |
| _____ | _____ | 209. Giving massages or backrubs |
| _____ | _____ | 210. Hitchhiking |
| _____ | _____ | 211. Meditating or doing yoga |
| _____ | _____ | 212. Seeing a fight |
| _____ | _____ | 213. Doing favors for people |
| _____ | _____ | 214. Talking with people on the job or in class |
| _____ | _____ | 215. Being relaxed |
| _____ | _____ | 216. Being asked for my help or advice |
| _____ | _____ | 217. Thinking about other people's problems |
| _____ | _____ | 218. Playing board games (Monopoly, Scrabble, etc.) |
| _____ | _____ | 219. Sleeping soundly at night |
| _____ | _____ | 220. Doing heavy outdoor work (cutting or chopping wood, clearing land, farm work, etc.) |
| _____ | _____ | 221. Reading the newspaper |
| _____ | _____ | 222. Shocking people, swearing, making obscene gestures, etc. |

How Often**How Pleasant**

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|-------|-------|---|
| _____ | _____ | 223. Snowmobiling or dune-buggy riding |
| _____ | _____ | 224. Being in a body-awareness, sensitivity, encounter, therapy, or “rap” group |
| _____ | _____ | 225. Dreaming at night |
| _____ | _____ | 226. Playing ping pong |
| _____ | _____ | 227. Brushing my teeth |
| _____ | _____ | 228. Swimming |
| _____ | _____ | 229. Being in a fight |
| _____ | _____ | 230. Running, jogging, or doing gymnastic, fitness, or field exercises |
| _____ | _____ | 231. Walking barefoot |
| _____ | _____ | 232. Playing Frisbee or catch |
| _____ | _____ | 233. Doing housework or laundry: cleaning things |
| _____ | _____ | 234. Being with my roommate |
| _____ | _____ | 235. Listening to music |
| _____ | _____ | 236. Arguing |
| _____ | _____ | 237. Knitting, crocheting, embroidery, or fancy needlework |
| _____ | _____ | 238. Petting, necking |
| _____ | _____ | 239. Amusing people |
| _____ | _____ | 240. Talking about sex |
| _____ | _____ | 241. Going to a barber or beautician |
| _____ | _____ | 242. Having house guests |
| _____ | _____ | 243. Being with someone I love |
| _____ | _____ | 244. Reading magazines |

How Often**How Pleasant**

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|-------|-------|---|
| _____ | _____ | 245. Sleeping late |
| _____ | _____ | 246. Starting a new project |
| _____ | _____ | 247. Being stubborn |
| _____ | _____ | 248. Having sexual relations with a partner of the opposite sex |
| _____ | _____ | 249. Having other sexual satisfactions |
| _____ | _____ | 250. Going to the library |
| _____ | _____ | 251. Playing soccer, rugby, hockey, lacrosse, etc. |
| _____ | _____ | 252. Preparing a new or special food |
| _____ | _____ | 253. Bird watching |
| _____ | _____ | 254. Shopping |
| _____ | _____ | 255. Watching people |
| _____ | _____ | 256. Building or watching a fire |
| _____ | _____ | 257. Winning an argument |
| _____ | _____ | 258. Selling or trading something |
| _____ | _____ | 259. Finishing a project or task |
| _____ | _____ | 260. Confessing or apologizing |
| _____ | _____ | 261. Repairing things |
| _____ | _____ | 262. Working with others as a team |
| _____ | _____ | 263. Bicycling |
| _____ | _____ | 264. Telling people what to do |
| _____ | _____ | 265. Being with happy people |
| _____ | _____ | 266. Playing party games |
| _____ | _____ | 267. Writing letters, cards, or notes |

How Often**How Pleasant**

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|-------|-------|--|
| _____ | _____ | 268. Talking about politics or public affairs |
| _____ | _____ | 269. Asking for help or advice |
| _____ | _____ | 270. Going to banquets, luncheons, potlucks, etc. |
| _____ | _____ | 271. Talking about my hobby or special interests |
| _____ | _____ | 272. Watching attractive women or men |
| _____ | _____ | 273. Smiling at people |
| _____ | _____ | 274. Playing in sand, a stream, the grass |
| _____ | _____ | 275. Talking about other people |
| _____ | _____ | 276. Being with my husband or wife |
| _____ | _____ | 277. Having people show interest in what I have said |
| _____ | _____ | 278. Going on field trips, nature walks, etc. |
| _____ | _____ | 279. Expressing my love to someone |
| _____ | _____ | 280. Smoking tobacco |
| _____ | _____ | 281. Caring for houseplants |
| _____ | _____ | 282. Having coffee, tea, a coke, etc., with friends |
| _____ | _____ | 283. Taking a walk |
| _____ | _____ | 284. Collecting things |
| _____ | _____ | 285. Playing handball, paddleball, squash, etc. |
| _____ | _____ | 286. Sewing |
| _____ | _____ | 287. Suffering for a good cause |
| _____ | _____ | 288. Remembering a departed friend or loved one, visiting the cemetery |
| _____ | _____ | 289. Doing things with children |
| _____ | _____ | 290. Beachcombing |

How Often**How Pleasant**

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|-------|-------|--|
| _____ | _____ | 291. Being complimented or told I have done well |
| _____ | _____ | 292. Being told that I'm loved |
| _____ | _____ | 293. Eating snacks |
| _____ | _____ | 294. Staying up late |
| _____ | _____ | 295. Having family members or friends do something that makes me proud of them |
| _____ | _____ | 296. Being with my children |
| _____ | _____ | 297. Going to auctions, garage sales, etc. |
| _____ | _____ | 298. Thinking about an interesting question |
| _____ | _____ | 299. Doing volunteer work; working on community service projects |
| _____ | _____ | 300. Water skiing, surfing, scuba diving |
| _____ | _____ | 301. Receiving money |
| _____ | _____ | 302. Defending or protecting someone; stopping fraud or abuse |
| _____ | _____ | 303. Hearing a good sermon |
| _____ | _____ | 304. Picking up a hitchhiker |
| _____ | _____ | 305. Winning a competition |
| _____ | _____ | 306. Making a new friend |
| _____ | _____ | 307. Talking about my job or school |
| _____ | _____ | 308. Reading cartoons, comic strips, or comic books |
| _____ | _____ | 309. Borrowing something |
| _____ | _____ | 310. Traveling with a group |
| _____ | _____ | 311. Seeing old friends |

How Often

How Pleasant

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|-------|-------|--|
| _____ | _____ | 312. Teaching someone |
| _____ | _____ | 313. Using my strength |
| _____ | _____ | 314. Traveling |
| _____ | _____ | 315. Going to office parties or departmental get-togethers |
| _____ | _____ | 316. Attending a concert, opera, or ballet |
| _____ | _____ | 317. Playing with pets |
| _____ | _____ | 318. Going to a play |
| _____ | _____ | 319. Looking at the stars or moon |
| _____ | _____ | 320. Being coached |