

100 Positive Activities

DBT-Inspired Ideas for Accumulating Positive Experiences

In DBT, Accumulating Positive Experiences is part of the ABC skills for emotion regulation. Positive experiences don't have to be big or complicated. Small moments of pleasure, connection, accomplishment, curiosity, and meaning can add up. When you're feeling stressed, low, or overwhelmed, it can be difficult to think of something positive to do. Use this list for inspiration. Choose what feels good and realistic for you.

Make It Yours!

Circle 10 activities that genuinely appeal to you.
You don't have to choose activities because you think you should enjoy them.

Choose three positive experiences I can plan this week:

Choose one small positive experience I can create today:

Something I'd like to look forward to:

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Nature & the Outdoors

- Take a walk somewhere you enjoy.
- Sit outside with a cup of tea or coffee.
- Visit a garden, park, or nature preserve.
- Watch the birds for a few minutes.
- Put your hands in the soil and garden.
- Photograph something beautiful in nature.
- Watch a sunrise or sunset.
- Walk barefoot in the grass.
- Look for seasonal changes outdoors.
- Sit under a tree and simply notice what's around you.

Creativity & Play

- Draw, doodle, paint, or color.
- Take photographs just for fun.
- Try a new recipe.
- Make something with your hands.
- Arrange flowers or greenery.
- Write a poem, story, or journal entry.
- Dance to a favorite song.
- Sing—even if you're alone.
- Work on a puzzle.
- Try a craft you've always been curious about.

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Connection

- Call someone you enjoy talking with.
- Send a friend a funny text or meme.
- Have coffee or lunch with someone.
- Give someone a sincere compliment.
- Spend time with a pet.
- Write a note to someone you appreciate.
- Invite someone to take a walk with you.
- Reconnect with an old friend.
- Do something thoughtful for someone.
- Tell someone you love them.

Small Everyday Pleasures

- Make your favorite warm drink.
- Read a few pages of a good book.
- Listen to music you love.
- Watch a favorite movie or show.
- Take a warm bath or shower.
- Put fresh sheets on your bed.
- Light a candle and enjoy the atmosphere.
- Buy or pick yourself some flowers.
- Enjoy a favorite snack slowly and mindfully.
- Sit somewhere comfortable and do absolutely nothing for ten minutes.

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Mindfulness & Senses

- Take five slow, comfortable breaths.
- Listen closely to the sounds around you.
- Notice five beautiful things.
- Use a scent you enjoy.
- Wrap yourself in a soft blanket.
- Give yourself a gentle hand or foot massage.
- Stretch slowly and notice how your body feels.
- Listen to a guided meditation.
- Step outside and feel the air on your skin.
- Spend five minutes doing just one thing at a time.



Movement & Energy

- Take a leisurely walk.
- Put on music and move your body.
- Do some gentle stretching.
- Go swimming.
- Ride a bicycle.
- Walk your dog.
- Try a yoga or movement class.
- Work in the garden.
- Take the stairs or walk somewhere instead of driving when practical.
- Move your body in whatever way feels enjoyable and accessible to you.

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Learning & Curiosity

- Visit a museum or gallery.
- Listen to an interesting podcast.
- Learn something about a topic that fascinates you.
- Visit the library or a bookstore.
- Try a new hobby.
- Learn a few words in another language.
- Watch a documentary.
- Take a class or workshop.
- Look up something you've always wondered about.
- Explore somewhere you've never been before.

Creating Comfort

- Clear one small cluttered space.
- Rearrange a room or little corner you use often.
- Display something that has meaning to you.
- Open the windows and let fresh air in.
- Make your bed especially comfortable.
- Put on clothes that make you feel good.
- Create a cozy reading spot.
- Play music while you do an everyday task.
- Bring something from nature indoors.
- Make one small area of your home more beautiful.

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✨ Meaning & Kindness

- Do one small act of kindness.
- Volunteer for something you care about.
- Donate something you no longer need.
- Write down three things you appreciate.
- Help someone with a small task.
- Spend time on a cause that's meaningful to you.
- Share something you've learned with someone else.
- Make something for another person.
- Remember someone who has made a difference in your life.
- Ask yourself, “What matters to me today?” and do one small thing that reflects it

♥ Just for YOU

- Say no to something you don't really want to do.
- Give yourself permission to rest.
- Plan something enjoyable to look forward to.
- Revisit something you loved doing as a child.
- Take yourself somewhere you enjoy.
- Wear something that makes you feel like yourself.
- Spend an hour away from your phone.
- Start something you've been wanting to try.
- Celebrate something you've accomplished—even something small.
- Ask yourself, “What would feel good right now?” and listen to the answer.

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