

# 18 doing things that will make you happy

## you need to know

When you are depressed or when you are feeling hopeless about your life, you may stop doing things you used to enjoy. When you stop doing things that could make you happier, then you feel even more depressed. This is a cycle of self-defeating behavior that you must try to break.

"Anhedonia" is the word for not being able to find pleasure in things that would normally make you happy. It is from the Greek *hedon*, and it is the opposite of hedonism, a philosophy that sees pleasure as the primary purpose of life.

Finding pleasure in everyday things is an important step on your road to recovery. Although this may seem obvious, and even simplistic, it may not be as easy to do as you think.

On the next page, you will find a list of activities that most teens find pleasurable. As you read the list, consider whether your thoughts and feelings about these activities have changed over the years. The chart on page 65 can help you keep track of how many pleasurable activities you do in a week.

## activity 18 \* doing things that will make you happy

### pleasurable activities checklist

Check off the things below that you enjoy or used to enjoy. Add as many other pleasurable activities as you can think of:

- ☐ Movies
- ☐ Parties
- ☐ Sports
- ☐ Surfing on the Internet
- ☐ Going to a bookstore
- ☐ Shopping
- ☐ Reading
- ☐ Listening to music
- ☐ Playing music
- ☐ Hiking
- ☐ Biking

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## activity 18 \* doing things that will make you happy

### increasing your pleasurable activities

In the chart below, write in at least five activities that you used to enjoy. Make copies of this chart to use for four weeks. Now see how many pleasurable activities you can do in a week. Put a check mark each time you do one. Put a number by each check mark to indicate how much you enjoyed the activity, with 1 = "not at all" and 10 = "very enjoyable." Then total your score for each day and at the end of the week.

Activity	M	Tu	W	Th	F	Sa	Su
Total							

Weekly Total \_\_\_\_\_

See if you can increase the number of pleasurable things that you do, as well as your enjoyment of each activity, each week.

activity 18 \* doing things that will make you happy

## thinking about yourself

Is there one person you know with whom you enjoy doing pleasurable activities? Can you spend more time with that person?

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What is one pleasurable activity that you can do every day?

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Is there a pleasurable activity that has an almost instant effect on your mood?

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What keeps you from doing pleasurable activities more often?

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