

## ACCUMULATING Positive Experiences—Short Term (To Build a Dam between You and the Sea of Emotional Dyscontrol)

### In the Short Term:

Do pleasant things that are possible right now.

- Increase pleasant activities that lead to positive emotions.
- Do one thing each day from the Pleasant Activities List. Also consider the Parent-Teen Shared Pleasant Activities List.
- Be mindful of positive experiences.

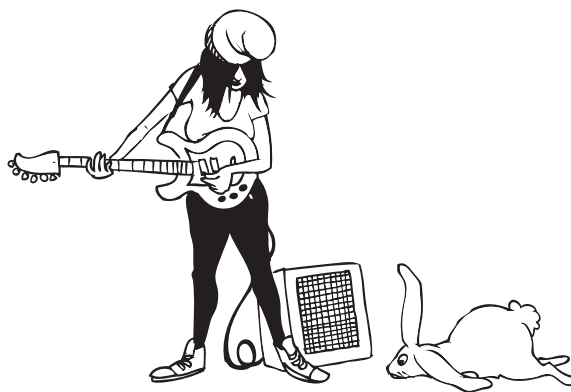


### Be Mindful of Positive Experiences:

- Focus your attention on positive events while they are happening.
- Refocus your attention when your mind wanders to the negative.
- Participate fully in the experience.

### Be Unmindful of Worries:

- Don't destroy positive experiences by thinking about when they will end.
- Don't think about whether you deserve this positive experience.
- Don't think about how much more might be expected of you now.



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## Activities For Teens

- Bake for yourself or others - Try a new recipe which includes an ingredient you have never used before!
- Create a vision board either online or on poster board. If you want to try it online, use Pinterest, or Canva
- Listen to music - make a playlist of your favorite songs
- Play an instrument
- Sing karaoke
- Have a dance party - and dance like nobody's watching!
- Do yoga, stretch, or just get up and move your body
- Paint or draw a picture of something that makes you happy
- Learn about something new and interesting
- Read (or reread) a book
- Write a poem, story, or journal prompt
- Play a board game
- Play cards
- Knit, crochet, or sew
- Go online shopping or visit your favorite store
- Watch your favorite tv show or movie
- Play a video game or computer game
- Decorate your room
- Take a nap
- Text or call a friend
- Go on a bike ride
- Take a walk, run, or hike
- Play your favorite sport
- Make your own adventure course - play 'the floor is lava'
- Create an ice cream bar at home
- Drink a cup of tea
- Get dressed up - All the way!
- Make jewelry, or friendship bracelets
- Do a scavenger hunt
- Work on a puzzle
- Take a warm bath or shower
- Paint your nails
- Make your own at-home spa experience
- Create and do a skin care routine
- Try a new hairstyle or makeup look
- Snuggle with your pet, or a stuffed animal

## Activities For Teens (contd.)

- Think of 3 things you are grateful for
- Declutter and organize your space
- Get cozy! Put on comfy clothes, wrap up in a blanket, wear fuzzy socks
- Work out along with an exercise video
- Listen to a podcast, or a TEDtalk
- Take pictures
- Go through and get rid of things you no longer need - donate them!
- Learn and practice a new language
- Watch a YouTube video
- Go for a drive
- Learn a new skill
- Go to the beach, lake, pool
- Be crafty
- Create a bucket list
- Go to an animal shelter or pet store
- Watch the sunrise or sunset
- Look at the clouds or the stars
- Learn a magic trick
- Go exploring in your neighborhood
- Write down your favorite quotes
- Find a new recipe and cook a meal
- Engage your brain with sudoku or word searches
- Plant a garden or take care of houseplants
- Write a thoughtful letter to someone you care about
- Plan a fun activity to do with friends or family
- Go to a restaurant or order takeout
- Light a candle of your favorite scent
- Challenge yourself to unplug from electronics
- Drink a cup of water
- Fill out a page in a coloring book
- Watch a documentary
- Download a new app
- Do a random act of kindness, or go volunteer
- Visit a museum, library, zoo
- Go to a movie theatre or concert
- Do a seasonal activity
- Give someone a hug
- Color your hair
- Watch or make TikToks