

Suggestions for Adult "Feel Goods"

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Soak in the bathtub	Buy a book and read it
Plan for career	Bask in a sauna/steam room
Good thoughts about self	Go water/snow skiing
Do jigsaw or crossword puzzles	Go canoeing
Buy something for yourself	Go bowling
Look at how you've improved	Do woodwork
Dress up nice	Go skating
Play a game	Go sailing
Do hand work (knit, crochet, etc)	Travel
Play a musical instrument	Paint
Look at/show photos/slides	Do a spontaneous act
Play a sport	Sleep
Have a political discussion	Go for a drive
Solve a riddle	Entertain: talent / party
Thoughts of happy moments	Join a club
Go to the mountains	Take a child somewhere
Do something new	Read for enjoyment
Think about what you could do for your community	Clean for enjoyment
Go for a horse ride	Write in your journal
Go to an aquarium	Write a letter
Debate with a friend	Plane ride
Dance or take a dance class	Spend time alone
Good thoughts about future	Do some acting
Lunch with a friend	Play with a pet
Meditate	Stick to your goal
Think "Good Job" about something you have done	Photography
Picnic by yourself or with a friend	Be a spectator for a sport
Talk on phone to a friend	Think about an important goal (marriage, new job, etc)
Go to a museum	Sing by yourself or with a group
Think spiritually	Laugh and have fun
Light candles	Do arts or crafts
Listen to music	Buy a new CD/DVD
Get a massage	Watch TV
Say "I love you"	Plan a party
Think about your good qualities	Cook
	Collect things (shells, coins, etc)

Complete a task
Buy a gift
Go for an interesting walk
Go for a bike ride
Make a list of needs/tasks
Daydream
Be grateful
Write (poem, article, book, etc)
Sew
Go to dinner with friends
Sightsee
Gardening
Read the newspaper
Play tennis
Kiss
Get out of the department
Recycle
Go on a date
Relax...do nothing
Go to a movie
Think of your accomplishments
Recall past events you liked
Plan a needed change in your life
Listen to others without judgment
Spend time with a friend
Buy a gadget
Spend time out in the sun
Plan a reunion
Think "I'm OK!"
Go to the beach
Lose weight
Go to church
Pray
Arrange flowers
Sing like you are on a stage
Go camping
Run
Ride a motorbike
Call a friend
Fly a kite

Think of past memories
Read a magazine
Do a hobby
Save money
Spend an evening with friends
Plan a day of activities
Meet new people
Remember beautiful scenery
Take a day off work
Eat something yummy
Do karate, judo, yoga
Plan your retirement
Repair things around the house
Remember words/deeds of people you
love
Have a quiet evening
Take care of plants
Buy or sell stocks
Go swimming
Doodle
Exercise
Collect memorial things from your past
Go to a party
Think about what you'd like to buy
Play golf or soccer
Go on a hike
Watch children play
Think of things you are grateful for
Go to a play or concert
Plan to go back to school
Go for a drive
Refinish some furniture
Travel to a national park