

## Pleasant Events Schedule

(Adapted from: Control Your Depression P Lewinsohn, Ricardo Munoz, Mary Youngren, Antonette Zeiss. Fireside Book 1986)

HOW OFTEN HAVE THESE EVENTS HAPPENED IN YOU LIFE IN THE PAST MONTH?

Please answer this question by rating each item on the Frequency Scale (Column F)

- 0 – This has not happened in the past 30 days
- 1 – This has happened a few times (1-6 times) in the past 30 days
- 2 – This has happened often (7 times or more) in the past 30 days

Place your rating for each item in Column F. Here is an example:

Item 1 is Being in the country. Suppose you have been in the country 3 times during the past 30 days. Then you would mark a 1 in Column F next to Item 1.

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 12 is Doing artwork (painting, sculpture, drawing, movie-making, and so on). You should rate Item 12 on how often you have done any form of artwork in the past month.

Because 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 activities in a single month.

Begin now by putting your frequency rating for each of the 320 items in Column F. After you have gone through the list for the first time and have assigned a frequency rating to each of the 320 items, review the list once again. This time ask yourself the following question

HOW PLEASANT, ENJOYABLE, OR REWARDING WAS EACH EVENT DURING THE PAST MONTH?

Please answer this question by rating each event on the Pleasantness Scale (Column P)

- 0 – This was not pleasant (use this rating for those events that were either neutral or unpleasant).
- 1 – This was somewhat pleasant (use this rating for events that were mildly or moderately pleasant).
- 2 – This was very pleasant (use this rating for events that were strongly or extremely pleasant).

If a particular event has happened to you more than once in the past month, try to rate roughly how pleasant it was on the average. If an event has not happened to you during the past month, then rate it according to how much fun you think it would have been.

When an item lists more than one event, rate it on the events you have actually done. (If you haven't done any of the events in such an item, give it the average rating of the events in that item that you would have like to have done).

Place your rating for each event in Column P (pleasantness).

Example: Item 1 is Being in the country. Suppose that each time you were in the country in the past 30 days you enjoyed it a great deal. You would then rate this event 2 because it was very pleasant.

The list of items may contain some events that you would not enjoy. Keep in mind that the list was made for a wide variety of people, and it is not expected that one person would enjoy all of the activities listed. Go through the entire list rating each event on roughly how pleasant it was (or would have been) during the past 30 days. Please be sure that you rate each item.

Pleasant Events Schedule		F	P	F x P
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 artwork (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	Rearranging or redecorating my room or house			
18	Wearing your bathers around the house			
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, non fiction, poems or plays			
23	Going to a restaurant, tavern, club, etc			
24	Going to lectures or hearing speakers			
25	Driving Skilfully			
26	Breathing clean air			
27	Thinking up or arranging a song or music			
28	Having a Feast			
29	Saying something clearly			
30	Boating (canoeing, kayaking, motor-boating, 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			
45	Shaving			
46	Having lunch with friends or associates			
47	Eating healthy food			

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 aeroplane			
55	Exploring (hiking away from known routes)			
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 a 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 a convention			
65	Being in a sporty or expensive car			
66	Playing a musical instrument			
67	Making snacks			
68	Snow skiing			
69	Being helpful			
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 a 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, jewellery, leather, beads, weaving etc)			
86	Weighing myself			
87	Scratching myself			
88	Putting on makeup, fixing my hair, etc			
89	Designing or drafting			
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	Shopping			
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	Sitting around a camp fire			
111	Having a drink by myself			
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 to visit			
118	Playing in a sporting competition			
119	Introducing people 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, a BBQ 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			
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; getting accepted to a better school etc)			
138	Hearing jokes			
139	Winning a competition			
140	Talking about my children or grandchildren			
141	Meeting someone 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			
155	Having spare time			

156	Fishing			
157	Loaning something			
158	Dressing attractive			
159	Pleasing employers, teachers, etc			
160	Counselling 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, McDonalds etc)			
165	Complimenting or praising someone			
166	Thinking about people I like			
167	Being at a fraternity or sorority			
168	Reporting wrong doing			
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 (badminton, croquet, shuffleboard, horseshoes etc)			
176	Going to school reunions, alumni meetings, etc			
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 am needed			
190	Being at a family reunion or get-together			
191	Giving a party 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			
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 counselled			
208	Saying prayers			
209	Giving massages or backrubs			
210	Hitchhiking			
211	Meditation 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 peoples 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	Join a protest			
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 gymnastics, 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			
241	Going to a barber or beautician			
242	Having house guests			
243	Being with someone I love			
244	Reading magazines			
245	Sleeping late			
246	Starting a new project			
247	Being stubborn			
248	Having sexual relations			
249	Having a friend over			
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 apologising			
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			
268	Talking about politics or public affairs			
269	Asking for help or advice			

270	Going to banquets or luncheons & potlucks etc			
271	Talking about my hobby or special interest			
272	Watching people in the street			
273	Smiling at people			
274	Playing in sand, a stream, the grass etc			
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			
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	Rock climbing			
290	Beachcombing			
291	Being complimented or told I have done well			
292	Being told I am 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	Travelling with a group			
311	Seeing old friends			
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			

Average Ranges			
Age Group	Mean Frequency Score	Mean Pleasantness Score	Mean Cross-Product Score
20-39	0.63-1.03	0.86-1.26	0.99-1.19
40-59	0.57-0.97	0.82-1.22	0.92-1.12
60 or older	0.50-0.90	0.78-1.18	0.86-1.06

After you have rated each item of frequency and pleasantness, you are ready to do some easy computations that will allow you to assess you rate of pleasant activities.

1. Add the frequency ratings (in Column F) and divide the total by 320. This is you mean frequency score. For example, suppose adding all your frequency ratings gives you a total of 176. Dividing this total by 320 equals 0.55. Your mean frequency score tells you something about how much (or how little) you engage in the activities on the list. It reflects your overall activity level. By comparing you score with the average range for persons your age, shown in the Table above, you can evaluate yourself. If your score is equal to or lower than the low end of the average range, you are not engaging in the activities to the extent that people your age do.
2. Add the pleasantness ratings (in Column P) and divide the total by 320. For example, if your rating was 256, you would obtain 0.80 for your mean pleasantness rating. The mean pleasantness rating tells you something about your current potential for

pleasurable experiences. If this number is low (equal to or lower than the low end of the average range shown in the Table above), it means that, at present, there are few activities that are sources of satisfaction and pleasure for you. If the score is high, it means that you have a good potential to enjoy a large number of activities and events.

3. Compute the cross-product score for each item and enter it in the column marked FxP. For example, if you did not go to the movies during the past 30 days (mark 0) but going to the movies is a very pleasant activity for (mark 2), then the product score would be  $0 \times 2 = 0$ , and you would enter 0. If you have been watching television (Item33) a great deal and you have therefore assigned it a frequency rating of 2, but you don't enjoy watching television and have, therefore, assigned it a pleasantness rating of 0, the product score would be  $2 \times 0 = 0$ . You are now ready to compute your mean cross-product score by adding the FxP scores of all 320 items and dividing this total by 320. The cross-product score is probably the most important score of this test because it is a measure of how much satisfaction and pleasure you derived from your activities during the past month. If the score is high, it means that you are deriving considerable pleasure and satisfaction from your activities, and the remainder of this chapter may not be particularly useful to you.

My mean frequency score is

My mean pleasantness score is

My mean cross-product is \

If your cross-product score is low, you can obtain one more useful bit of information by examining your score pattern. There are three possible patterns that can produce a low cross-product score.

Pattern 1 – Low frequency/low pleasantness: You are not doing many of the activities on the list and you are not enjoying the activities that you do engage in

Pattern 2 - Low frequency/average or above average pleasantness. You are not engaging in the kinds of activities that are potentially enjoyable for you.

Pattern 3 – Average or above average frequency/low pleasantness. You are doing many things but are not deriving much enjoyment from your activities.

Your score pattern can assist you later on in designing your self-change plan. If your scores have indicated Pattern 1, your first goal might be to increase the pleasure you obtain from your activities, and then, after you have completed this goal, aim to increase the number of pleasant activities you engage in. If your scores match Pattern 2, your goal can simply be to increase pleasant activities. If your scores have indicated Pattern 3, you might want to concentrate on increasing your enjoyment of the activities you are currently involved in.

Put a check mark next to the pattern that fits your PES scores.