Pleasure Predicting

Step 1: Pick an activity. Try to make sure it is something that would be pleasant for you.

Step 2: Pick the conditions that would make it most pleasant (e.g. If it’s a movie you want to see, do you prefer to see it alone or with someone? Do you prefer to see a romantic comedy, a drama, or a horror film?)

Step 3: Write down how enjoyable you think it would be. Use the star rating scale below.
* not at all ** a little bit *** moderately **** quite a bit ***** extremely

Step 4: Do the activity under the conditions that will increase the chance that it would be fun for you. THIS IS THE MOST IMPORTANT PART!

Step 5: Think back and write down the amount of enjoyment that you actually experienced. Use the star rating again.

Step 6: Now look at the two ratings, how do they compare?

Step 7: Do this with other activities. Do you see a pattern? What have you learned? What thought do you have about yourself or others after doing the activity?
# Pleasure Predicting Chart

<table>
<thead>
<tr>
<th>Activity</th>
<th>How much will you enjoy this activity?</th>
<th>How much did you enjoy this activity?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Going for a walk</td>
<td>**</td>
<td>***</td>
</tr>
<tr>
<td>Talking to a friend</td>
<td>***</td>
<td>****</td>
</tr>
</tbody>
</table>

**Star rating system**

* Not at all  
** A little bit  
*** Moderately  
**** Quite a bit  
***** Extremely