



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

Pleasure Predicting Chart

Activity	How much <u>will</u> you enjoy this activity?	How much <u>did</u> you enjoy this activity?
Going for a walk	**	***
Talking to a friend	***	****

Star rating system

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