



Therapy Unit 9: Depression und Thinking

Worksheet 9.2. List of Activities (adapted from Schaub et al., 2006)

Please mark the activities you enjoy or do regularly!*

<input type="radio"/> going for a drink at a café/pub	<input type="radio"/> putting on clean clothes	<input type="radio"/> body care
<input type="radio"/> getting a massage	<input type="radio"/> baking a cake	<input type="radio"/> going to the park
<input type="radio"/> dental care	<input type="radio"/> using public transport e.g. subway	<input type="radio"/> playing table tennis
<input type="radio"/> answering letters/emails	<input type="radio"/> gardening	<input type="radio"/> going bowling
<input type="radio"/> styling hair	<input type="radio"/> planting flowers on the balcony	<input type="radio"/> inviting friends over
<input type="radio"/> watching TV	<input type="radio"/> redecorating the apartment	<input type="radio"/> going for a walk/to a café with a friend
<input type="radio"/> making beds	<input type="radio"/> keeping rooms tidy	<input type="radio"/> talking to people
<input type="radio"/> doing laundry, ironing	<input type="radio"/> practicing sports/gymnastics	<input type="radio"/> putting on make-up
<input type="radio"/> buying new clothes	<input type="radio"/> going dancing	<input type="radio"/> listening to music/an audiobook
<input type="radio"/> cleaning windows	<input type="radio"/> buying a present	<input type="radio"/> going for day trips
<input type="radio"/> watering flowers	<input type="radio"/> buying flowers	<input type="radio"/> reading a magazine/newspaper
<input type="radio"/> playing chess/board games	<input type="radio"/> doing grocery shopping	<input type="radio"/> hiking
<input type="radio"/> practicing progressive muscle relaxation	<input type="radio"/> attending church service	<input type="radio"/> reading a novel or poems
<input type="radio"/> sitting in the sun	<input type="radio"/> singing in a choir	<input type="radio"/> visiting friends
<input type="radio"/> solving crosswords	<input type="radio"/> going to the cinema/theatre	<input type="radio"/> playing with pets
<input type="radio"/> preparing a new or special meal	<input type="radio"/> visiting an exhibition/a museum	<input type="radio"/> walking the dog
<input type="radio"/> taking a nap	<input type="radio"/> going for an ice cream	<input type="radio"/> meeting with family
<input type="radio"/> doing crafts, drawing painting	<input type="radio"/> going to parties	<input type="radio"/> washing the car
<input type="radio"/> getting a haircut	<input type="radio"/> driving a car	<input type="radio"/> planning the next vacation
<input type="radio"/> cycling	<input type="radio"/> going swimming	<input type="radio"/> laughing
<input type="radio"/> collecting things from nature	<input type="radio"/> answering the telephone	<input type="radio"/> renewing contacts/meeting old friends
<input type="radio"/> eating well	<input type="radio"/> sitting in the garden/on the balcony	<input type="radio"/> looking at the moon and the stars
<input type="radio"/> giving others compliments	<input type="radio"/> learning/refreshing foreign languages	<input type="radio"/> being with children/grandchildren
<input type="radio"/> strolling in town	<input type="radio"/> learning/playing a musical instrument	<input type="radio"/> having a romantic evening with your partner
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

*If you have experienced hearing voices: Are there any activities that decrease voicehearing? Are there also activities that increase the voices?