

DR. B's (NEARLY) DEFINITIVE LIST OF DISTRACTING ACTIVITIES

Which of these apply to you?

- Watching TV
- Hanging out with friends
- Texting
- Clipping my nails
- Cleaning my room
- Checking out Facebook
- Contemplating my life
- Eating
- Thinking about eating
- Tweeting
- Checking my stocks
- Going out for a drive
- Surfing the Web
- Listening to music
- Doing the laundry
- Messing with my iPod
- Filing papers
- Job hunting
- Shopping online (eBay, etc.)
- Going to the mall
- Going to the gym
- Shooting hoops
- Playing with my pet
- Thinking about sex
- Staring at dead plants
- Reading a book
- Complaining
- Watching reruns
- Playing video games
- Watching YouTube
- Going to a bar
- Organizing my desk
- Cleaning the house
- Daydreaming
- Shopping
- Thinking about shopping
- Opening and looking into the fridge
- Talking on the phone
- Vacuuming
- Going to the movies
- Going to the beach
- Throwing away old papers
- Paying bills
- Cleaning out my wallet
- Reading papers and magazines
- Playing Frisbee
- Checking and answering email
- Worrying about money
- Thinking about going to the gym
- Skateboarding
- Watering the plants
- Having sex
- Picking dead leaves off the plants
- Making lists
- Wandering around
- Sleeping