

# Technical sheet

## SADNESS



« What happens or has happened or will happen is bad for me or for someone I love. »

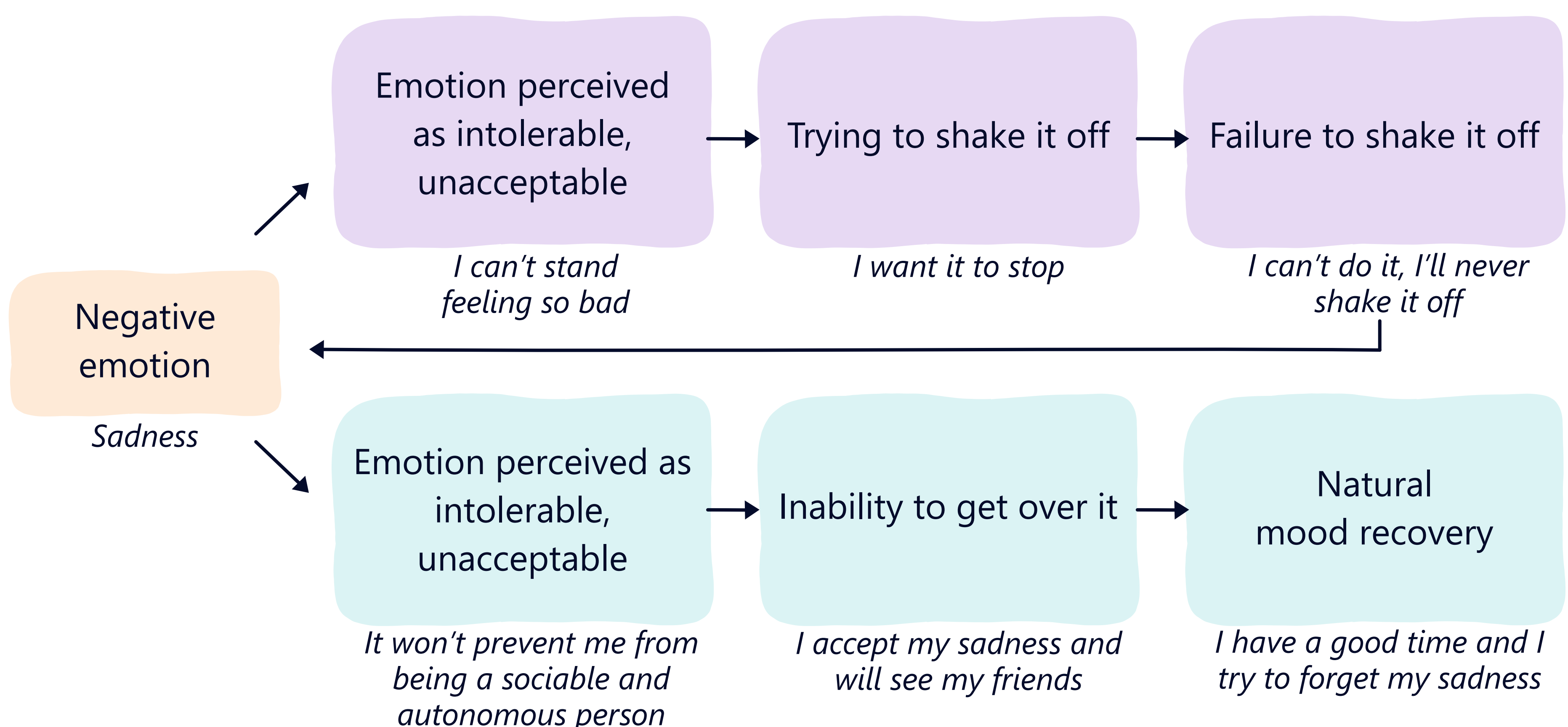
Sadness is a simple emotion that shows we're experiencing a loss, that we're not achieving our goals. Sadness leads to grief. It helps us to realise that something is missing, to accept this gap in our life, and possibly to introduce behaviours to change the situation or to make it more tolerable. Sadness helps us to find support.

**Words for sadness:** grief, gloom, blues, despair, unhappiness, moroseness, sorrow, feeling overwhelmed, despondency...

**Physical sensations that accompany sadness:**

- Feeling tired, without energy
- Feeling empty
- Wanting to cry
- Feeling physical pain
- Not wanting to smile
- A drooping posture
- Not wanting to talk ...

It's a state in which pleasure is absent and we distance ourselves from the world around us. Sadness can involve not trying to adapt to the current situation, feeling nothing can be done, that no action will change anything. Sadness can go as far as depression resulting from experiences of failure and/or loss, a state of abandonment.



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Depression is mainly the result of experiencing loss and failure. Victims of trauma often feel that it happened to them because they deserved it, they failed in some way, or even that they failed to protect themselves. Repeated physical and sexual abuse contributes to a feeling of loss of control.

## How to manage sadness?

In order to get better, we need to recognise that the circumstances we experienced in the past which have largely led to a state of sadness are no longer relevant. Now we can take control of our environment, seek safety and proactively develop relationships with others.

- I consciously observe what I'm feeling and note down my physical sensations.
- I name my emotion of sadness precisely and with nuance.
- I accept it as best I can, I let go. This is my experience at this moment in time because of the information I'm receiving. If I try to control this emotion, not to experience it, I'll suffer later, it's too risky!
- Emotions are generally short-lived. I don't try to make disappear.  
I stay with my sadness! I'll see that after a while, my sadness will fade, even disappear.
- I try to see if it's possible to take action to correct the gap in my life at the root of my sadness, to meet the need that's behind the suffering. If this isn't possible, I try to develop acceptance of the situation.
- I fill in the self-observation booklet about my emotions.
- I treat myself with compassion, as I would treat my best friend.
- I don't judge my emotions.
- I talk about my sadness to people who're able to listen, I talk about it as clearly as possible. I accept help and comfort.