

# Exercise sheet

## SADNESS



Emotion	Body	I think differently	I act differently	Imagery
<p>What emotion am I feeling?</p> <p>What am I thinking about?</p>	<p>What do I see in my body?</p>	<p></p> <p>I breathe in, I breathe out.</p> <p>What were the triggers?</p> <p>How could I see things differently? What would I say to someone else in the same situation ?</p> <p>Is my reaction in proportion to the magnitude of the event?</p> <p>I take a step back!</p>	<p>What's the most effective action?</p> <p>What will be best for me, for the others and for the situation?</p> <p>Is it in accordance with my principles and my values?</p>	<p>If this emotion had a colour, which one would it be?</p> <p>What shape would it have? How big is it? What's its consistency?</p> <p>If I felt better, what would the colour be? And its shape? Its size? Its consistency?</p> <p>I note this feeling now.</p>

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## SADNESS

<p><b>Example</b>  <b>Sadness,</b>  <b>depression</b>  <b>I'm useless, I'm</b>  <b>worthless,</b>  <b>Everything is</b>  <b>hopeless</b></p>	<p>Tired          Unproductive          Doing less          Staying in bed/in          the house          Lack of interest          Can't focus          Emergency action:          cut onself off</p>	<p>It's normal to feel          sad about this          situation, but I          can break          through it.          I'm still looking          through a          negative filter.          It doesn't mean          that I'm          worthless, with no          value.          What other way          of seeing things          would be more          useful?          If I do something,          at least I'll feel          better.</p>	<p>I breathe in, I          breathe out.          Breathe in, breath          out.          I'll step away or          approach gently          when I feel calmer,          not aggressive but          confident.</p> <p>I do something          even if I don't want          to so as not to          make things worse.          I get up, I go out. I          keep in touch with          others. I focus my          attention on the          outside rather than          on the inside and          my situation.</p>	<p>In my mind, I see          myself doing the          things I used to to          do or wish I could          do, and visualise          myself being able          to do it.          I visualise orange          and breathe out          grey/black.</p>
<p>I practice</p>				