



# Processing Your Feelings of Sadness

PDF WORKSHEET

## THE SITUATION



What happened?

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What did NOT happen?

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What was my expectation?

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# SADNESS



I am so sad because \_\_\_\_\_

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\_\_\_\_\_

\_\_\_\_\_

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\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

It's ok to feel sad about this situation because \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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# SADNESS



I want to move through my sadness but first I need to \_\_\_\_\_

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The things that I can do right now to help experience and move through my sadness are

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**You had a strong desire or need for something that wasn't fulfilled.**



What I really wanted to happen in this situation was \_\_\_\_\_

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The need or desire I was trying to fulfil was \_\_\_\_\_

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Some other ways I could fulfil this need or desire are \_\_\_\_\_

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**You believe that the negative story you are telling yourself is true**



Because this situation happened it means that I am \_\_\_\_\_

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And if this is true, it means \_\_\_\_\_

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The evidence I have to support this NOT being true is \_\_\_\_\_

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**You have expectations from certain people and they have let you down.**



I expect that this person should \_\_\_\_\_

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I expect this because \_\_\_\_\_

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This may be an unrealistic expectation because \_\_\_\_\_

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**You were raised to believe that being sad or expressing sadness was not ok.**



In my house, when I got sad \_\_\_\_\_

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Sad people are \_\_\_\_\_

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When I'm sad I feel like I am \_\_\_\_\_

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