

## **SADNESS**

Sadness FITS THE FACTS of a situation whenever:

- A.** You have lost something or someone permanently.
- B.** Things are not the way you want or expected and hoped them to be.
- C.** Other example: \_\_\_\_\_

Follow these suggestions when sadness is NOT JUSTIFIED by the facts or is NOT EFFECTIVE:

### **OPPOSITE ACTIONS for Sadness**

Do the OPPOSITE of your sad action (or inaction) urges. For example:

- 1. Get ACTIVE; approach.
- 2. AVOID AVOIDING.
- 3. BUILD MASTERY: Do things that make you feel competent and self-confident.  
*(See Emotion Regulation Handout 19: Build Mastery and Cope Ahead.)*
- 4. Increase PLEASANT EVENTS.

### **ALL-THE-WAY OPPOSITE ACTIONS for Sadness**

- 5. Pay attention to the PRESENT MOMENT!  
Be mindful of your environment—each detail as it unfolds.  
Experience new or positive activities you are engaging in.
- 6. CHANGE YOUR POSTURE (adopt a “bright” body posture, with head up, eyes open, and shoulders back).  
Keep an upbeat voice tone.
- 7. CHANGE YOUR BODY CHEMISTRY.  
For example, increase physical movement (run, jog, walk, or do other active exercise).

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