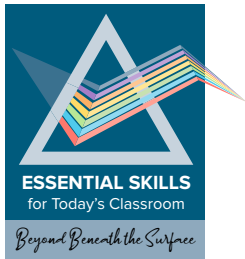




# SADNESS



## Behaviour

- Crying
- Withdrawal
- Head down
- Avoiding
- Feeling helpless
- Brooding
- Feeling empty/tired



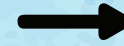
## Urge

- To avoid
- Shut down
- Be alone
- Cry



1

## Function



### Sadness tells me that...

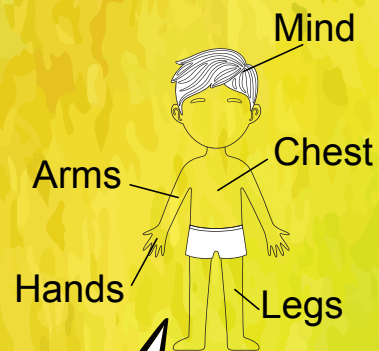
- I care, I've lost something or someone important or meaningful
- I have empathy, I connect with other people's stories
- I am not getting something that I truly wanted, hoped, or wished for

## I Need

3

- To ask for reassurance, safety and comfort
- To seek social support from trusted adults, friends, or loved ones
- To find a way to express my feelings of sadness or loss (e.g., journalling, art, speaking to a trusted person)
- To try to get active
- To use rituals to create comfort and closure around beginnings or endings

## Body Sensation & Examples



- Heart beating fast
- Hot - Cold
- Warm face
- Ready to explode
- Heavy
- Relaxed
- Calm
- Balanced
- Strong
- Full of energy
- Light
- Pressured
- Rough

2

Where do you feel it in your body?



Try this!

When you feel sad and want to be alone... sometimes that only makes us more sad. Try reaching out for support instead.

4



## Questions to Reflect

5

- When do I feel the most sad?
- What does the sadness tell me to do?
- Where do I feel it in my body?
- My feeling makes sense because...
- What do I need to feel better?
- How can I handle this next time?



## References & Future Reading

Gottman, J. M., Declaire, J., & Goleman, D. (2015). *Raising an emotionally intelligent child*. Simon & Schuster Paperbacks.

<https://www.gottman.com/blog/an-introduction-to-emotion-coaching/>  
<https://emotioncoaching.gottman.com>

