Understanding My Sadness

Acknowledge It | Care for Self | Take Action

Sadness is a human emotion. When low mood persists or interferes with daily life, additional support may help. Notice patterns with curiosity, not judgment.

1 | Notice how it shows up

Check any experiences you have noticed recently. These are possible signs, not a diagnosis.

- ☐ Feeling sad or tearful
- ☐ Feeling empty or hopeless
- ☐ Irritability or frustration
- ☐ Less interest or pleasure
- ☐ Low energy or fatigue
- ☐ Sleeping more or less
- ☐ Appetite changes
- ☐ Difficulty concentrating
- ☐ Feeling slowed down or restless
- ☐ Headaches or body tension
- ☐ Withdrawing from others
- ☐ Harsh self-criticism

2 | Listen to your body

Where do you notice sadness or stress physically (chest, shoulders, stomach, head)?
What sensations do you notice?

3 | Acknowledge what you are experiencing

Complete the statements without trying to immediately fix the feeling.

Right now, I feel...

Something that may be contributing is...

What I need most today may be...

Small Steps Toward Support

Progress can be gradual. Start with what is manageable today.

4 | Choose a supportive action

Select one or two realistic steps. These are options, not requirements.

- ☐ Get outside or move gently
- ☐ Eat a nourishing meal or snack
- ☐ Connect with someone supportive
- ☐ Return to one enjoyable activity
- ☐ Create a simple sleep routine
- ☐ Practice compassionate self-talk
- ☐ Break a task into one small step
- ☐ Seek professional support

One small step I will try:

When I will try it:

If it feels difficult, I can make it smaller by:

5 | Practice a more compassionate response

Instead of "I should just get over this," try:

"I am having a difficult time. My feelings deserve attention, and I can take one supportive step."

My own compassionate reminder:

6 | Check in and keep going

After trying your step, reflect without expecting every day to feel better.

What did I notice afterward, emotionally or physically?

What helped, what got in the way, and what is my next manageable step?

When to reach out: If sadness lasts most days for two weeks, worsens, or affects daily life, consider professional support. If you feel unsafe or suicidal, call/text 988 (U.S.); call 911 for danger.

Created for educational and personal reflection by Imperfect Harmony Counseling Services.
This worksheet is not a substitute for individualized mental health care.