

Working Through Sadness

Two things can influence the way you feel: (1) your thinking and (2) your activities.

CHECK YOUR THINKING

What was I thinking about just before I became so sad?

EXAMPLE: I have no friends.

Now challenge that thought!
Is it *really* true?

- Yes
- No

If yes: Write down something you can do this week to improve your situation.

EXAMPLE: I can research how to cultivate friendships. I will be realistic by building one or two friendships rather than expecting to make several friends at once.

If no: Write a sentence or two to correct your thought.

EXAMPLE: I have John as a good friend, and I appreciate his friendship because he really listens.



CHECK YOUR ACTIVITIES

What activities might lift your mood? Check off one or two that you can implement this week:



- Exercise
- Eat healthy
- Read
- Draw
- Play a musical instrument
- Write poetry
- Write in a journal
- Call or visit a friend
- Cook or bake
- Do some work that engages your body and mind
- Learn a new skill
- Do something for another person
- Other: _____

TIP: Start easy. Then gradually increase your selected activities.

What activities will help you care for yourself spiritually while working through your sad feelings?

EXAMPLE: Pick a Bible book that you particularly like and read a chapter each day.

TIP: Make a schedule that you can realistically maintain with your present circumstances.

Now design a Bible reading schedule:

DAY(S)

TIME

- | | |
|--|---|
| <input checked="" type="checkbox"/> Monday | <input checked="" type="checkbox"/> Morning |
| <input type="checkbox"/> Tuesday | <input type="checkbox"/> Afternoon |
| <input type="checkbox"/> Wednesday | <input type="checkbox"/> Evening |
| <input type="checkbox"/> Thursday | |
| <input type="checkbox"/> Friday | |
| <input type="checkbox"/> Saturday | |
| <input type="checkbox"/> Sunday | |

CHECK THE RESULTS

Check at regular intervals, perhaps monthly, to see how well you are working through your sad feelings.



TIP: Be patient. Don't expect your disposition to change overnight. Aim for gradual improvement.