

# Moving Through *Sadness*

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## Step 1 : What Emotion Are You Feeling?

Get specific here. You might want to start by closing your eyes to focus. Sadness? Heartbreak? Grief? Unhappiness?

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## Step 2: How Does This Feel In Your Body?

What color is it? Is it heavy? Fluid? Solid? Where does it reside inside of you?

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## Step 3: What Is The Source Of The Feeling?

What is the situation? What are the thoughts you are having about the situation?

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## Step 4: Examine Your Thoughts

How true are they? Are they serving you?

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## Step 5: Write Down Alternative Thoughts

Focusing on one thought at a time, what are other ways you can think about the situation? If you're having trouble coming up with alternative thoughts put "AND" or "BUT" between the existing thought and a possible alternative. (I.E.: "My life isn't what I wanted BUT I'm can make it better." "I can be envious of my friends AND still enjoy my life.")