

SADNESS

FITS THE FACTS of a situation whenever:

- You have lost something or someone permanently.
- Things are not the way you want or expected and hoped them to be.

Action Urge: Withdraw/isolate

Opposite Action: Get active



When your Sadness is **NOT JUSTIFIED** by the facts, or when acting on the emotion urge would **NOT BE EFFECTIVE**, use **OPPOSITE ACTION**:

OPPOSITE ACTIONS FOR SADNESS:

Do the OPPOSITE of your Sadness Action Urges
Example:

1. Get **ACTIVE**; approach.
2. **AVOID AVOIDING**.
3. **BUILD MASTERY**:
 - Do things that make you feel competent and self-confident.
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, 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).