

## 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?



O 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.

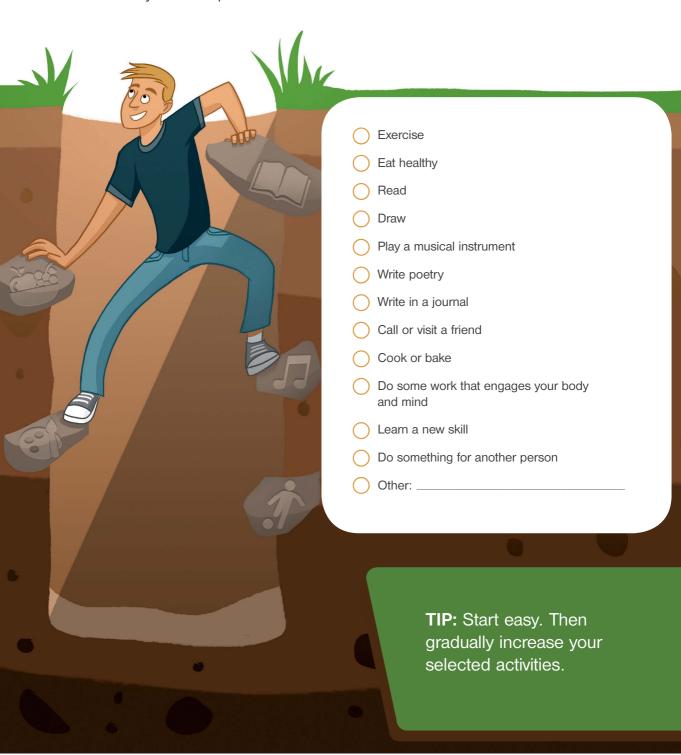
If no: Write a sentence or two to correct your thought.

**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:



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

Monday

Morning

Tuesday

Afternoon

Wednesday

**Evening** 

Thursday

Friday

Saturday

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.