



HEALING OUR EMOTIONS - LESSON 3

USING SADNESS TO CLOSE CHAPTERS

What is sadness?

- Sadness expresses loss, disappointment or discouragement
- Many times we minimize or dramatize our emotions, instead of just feeling them.
- To exaggerate or ruminate in our sadness or to engage in self-pity can be very destructive and maladaptive
- Actually feeling our emotions makes us feel validated, more vital, truthful and balanced within ourselves. They help us to connect with ourselves.
- Sadness is a great call for self-compassion



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Emotional Strength



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What are you sad about?

- What triggers your sadness?
- What has triggered your sadness throughout your life?
- What's the hardest thing to accept about it?





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What do you think that says about you?

- It is the judgement that we attach to it that creates the suffering
- Who are you judging?
- What are your judgments?
- How could you change them if you wanted to be compassionate with yourself?





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Understanding and accepting the nature of life

- Nothing is permanent in life
- Our lives are ephemeral and so is everything else
- There's a birth, a life and a death to everything, including:
 - people
 - relationships
 - jobs, hobbies, dreams





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Accepting

- *Accepting the loss*
- *Accepting yourself*
- *Accepting life*
- *Learning humility*
- *Acceptance is not resignation*



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Saying good-bye and burying it

- What do you need to do to say good-bye to it?
 - write a letter
 - do a fast
 - make a ritual
 - ...
 - set up a reminder





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Dreaming a new dream

- What would you like to improve on the old dream?
- What would you ask differently now?
- How can you turn this loss into a gain?
- How can you power your new dream?
- How can you add action to your faith?





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I HAVE DECIDED TO LET GO OF:

I WILL USE THIS TO REMIND MYSELF:

I WILL SUBSTITUTE IT WITH THIS:

