

# Searching for Sad's Synonyms

Hi! I'm Sad from the DBSA Mood Crew™! Did you know there is more than one way to feel sad? Use my word search to find feelings that are similar to Sadness!



HURTING  
GLOOMY  
MELANCHOLY  
UNHAPPY  
DEPRESSED  
LOW  
BLUE  
WEEPING  
GRIEF  
DOWN

G	F	E	I	R	G	E	N	H	A	H	N	E	H
R	P	U	N	H	A	P	P	Y	T	P	T	Y	L
W	N	B	P	D	O	L	O	D	T	G	U	H	N
G	C	E	E	M	N	O	G	Y	W	E	W	O	I
O	U	W	G	L	O	O	M	Y	H	L	E	E	H
E	O	L	M	E	L	A	N	C	H	O	L	Y	B
P	E	N	P	C	N	P	Y	L	W	R	C	I	H
Y	I	E	E	G	H	S	B	L	U	E	U	P	O
L	U	G	G	A	M	O	E	P	E	R	E	U	U
L	G	N	I	P	E	E	W	R	R	N	O	E	I
S	E	O	E	N	Y	S	W	E	D	O	W	O	L
O	U	E	R	Y	W	O	N	P	N	D	O	W	N
S	G	S	D	E	P	R	E	S	S	E	D	E	E
P	I	H	U	R	T	I	N	G	D	D	R	D	W

Define some of the words you found! (You can ask a trusted adult to help define the words if you have trouble on your own.)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_



Depression and Bipolar  
Support Alliance