

# Storytime with Sad



Hi! I'm SAD  
from the DBSA Mood Crew™!

It isn't easy being sad, but it is also a normal part of life to feel sad from time to time. What helps me with feeling sad is writing about how I'm feeling, so for this worksheet, write about a time you felt sad. You can use the prompt questions on the side of this worksheet to help guide your story.

When was the last time you felt sad?

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How were you feeling before you felt sad?

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Did you cry when you felt sad?

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How does it feel to cry?

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Did someone help you when you felt sad?

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When you felt sad, how did your body feel?

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Did the sadness go away? If so, what helped?

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