

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?

How were you feeling before you felt sad?

Did you cry when you felt sad?

How does it feel to cry?

Did someone help you when you felt sad?

When you felt sad, how did your body feel?

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

