

Draw a picture of what your sadness looks and feels like.

If possible, use crayons.

If you're right handed,  
you might want to use your left hand, and vice versa.

Give your sadness a voice. Ask it these questions, and listen to what it answers. Write down the answers.

Sadness, do I embarrass you by talking to you?

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Sadness, where do you live in my body?

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Sadness, what is it I can't accept?

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Sadness, what must I do to heal more fully?

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Sadness, what can I do right now to help me survive?

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Sadness, what other information do you have for me?

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Sadness, what gift do you have for me?

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Thank the sadness for speaking with you. Put your hands on the place on your body where you feel the sadness. In your imagination, surround the sadness with a white light. Give your sadness a hug.