

SADNESS

- WHEN WAS A TIME THAT YOU FELT DESPAIR? WHAT TRIGGERED THIS? HOW DID YOU HANDLE IT?
- WHEN WAS A TIME YOU GAVE UP HOPE? WHAT TRIGGERED THIS? HOW DID YOU HANDLE IT?
- WHEN WAS A TIME WHEN YOU FELT DEPRESSED? WHAT TRIGGERED THIS? HOW DID YOU HANDLE IT?
- WOULD YOU DESCRIBE YOURSELF AS BEING MORE SAD THAN HAPPY?
- WHAT HURTS YOU MOST?
- ARE YOU EASILY HURT?
- DO YOU CRY WHEN YOU FEEL LIKE IT?
- DO YOU AGREE THAT IT IS WISE NEVER TO TAKE A PILL FOR A PAIN YOU NEED TO FEEL?
- DO YOU LET YOURSELF CRY WHEN YOU FEEL SAD?
- DO YOU ACCEPT THAT IT'S OK TO FEEL SAD AS WELL AS JOYFUL?
- HAVE YOU EVER SEEN YOUR PARENTS CRY? HOW DID YOU FEEL?
- HOW DO YOU HANDLE BEING WITH A CHILD WHO IS CRYING?
- HOW DO YOU HANDLE IT WHEN SOMEONE YOU'RE WITH SUDDENLY BREAKS OUT IN TEARS?
- HOW MUCH DOES IT BOTHER YOU TO CRY IN FRONT OF SOMEONE YOU FEEL VERY CLOSE TO?
- HOW DIFFICULT IS IT FOR YOU TO COPE WITH SOMEONE CRYING IN FRONT OF YOU? DO YOU EVER FEEL AWKWARD OR EMBARRASSED?
- HOW DO YOU FEEL WHEN SEEING A MAN CRY? UNDER WHAT CIRCUMSTANCES DO YOU FEEL IT IS ALL RIGHT FOR A MAN TO CRY? DO YOU FEEL SOCIETY PLACES MORE RESTRICTIONS ON ACCEPTABLE DISPLAY OF EMOTIONS BY MEN?
- WERE YOU EVER TOLD "BOYS DON'T CRY"?
- WHEN WAS THE LAST TIME YOU CRIED?
- WHEN YOU ARE HURT ARE YOU MORE LIKELY TO BEAR THE PAIN SILENTLY OR TELL THOSE CLOSE TO YOU?
- HOW OFTEN DO YOU ENGAGE IN SELF PITY?
- WHEN WAS A PERSONALLY SAD EXPERIENCE? WHAT TRIGGERED THIS? HOW DID YOU HANDLE IT?
- WHEN WAS A TIME YOU FELT YOU WERE GOING NOWHERE? WHAT TRIGGERED THIS? HOW DID YOU HANDLE IT?
- WHEN DO YOU FEEL MOST HURT?
- WHEN DO YOU FEEL UNHAPPY WITH YOURSELF?
- WHAT MAKES YOU CRY?
- WHEN YOU ARE SAD WHAT DO YOU FEEL?
- WHEN DO YOU GET HURT MOST EASILY?
- WHEN WAS A TIME YOU CRIED IN FRONT OF OTHERS? ALONE?
- WHEN WAS YOUR SADDEST MOMENT? WHAT TRIGGERED THIS? HOW DID YOU HANDLE IT?
- HOW MANY TIMES IN THIS PAST WEEK HAVE YOU WISHED YOU WERE NOT ALIVE? WHEN WERE THEY?
- WHEN YOU FEEL SAD WHAT IS THE BEST THING SOMEONE CAN DO FOR YOU?
- ARE YOU PRONE TO WALLOWING IN SELF-PITY?

REMEDIES

- HOW GOOD ARE YOU AT THESE THINGS THAT HEAL SADNESS?
- TAKING TIME FOR YOURSELF TO HEAL
- EXERCISE
- WATCH FUNNY SHOWS, MOVIES
- KEEP A FLEXIBLE ATTITUDE
- ACCEPT YOUR FEELINGS
- PRAYING
- GETTING PLENTY OF SLEEP AND REST
- READ SPIRITUAL OR INSPIRATIONAL BOOKS
- MAKE A RETREAT
- EATING PROPERLY
- SEE THE HUMOR IN LIFE
- LITERALLY HOLD YOUR HEAD UP
- BE ASSERTIVE
- VISUALIZE ALTERNATIVES
- BE MORE SELF-AWARE
- SPEND TIME WITH LOVED ONES