

Therapy Worksheet for Sadness

Fill in the logs below

What things or situations make you sad?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

What thoughts do you have whenever you feel sad?

How do you act when you are sad?

Which activities below would you like to do when you are sad?

- **Go for a walk**
- **Listen to soothing music**
- **Play with a pet**
- **Journal your feelings**
- **Talk to an adult about your problem**
- **Talk to a friend**
- **Take a shower**
- **Color or draw**
- **Take a break**
- **Read a book**
- **Watch a movie**
- **Use a fidgeting toy**
- **Write a letter**
- **Take deep breaths**