

How's Your Relationship with Sadness?



SELF-CHECK:

I'm able to let go of things.

Y

N

I can move on when situations aren't working.

Y

N

I am comfortable with change.

Y

N

I can easily say, "I'm sad."

Y

N

I'm comfortable crying & can do that easily.

Y

N

I can give myself space for grieving.

Y

N

I can feel all of my emotions.

Y

N

I can fall asleep easily.

Y

N

I can relax, have fun & accept kindness.

Y

N

If you answered 100% of questions with a "yes," you have a great relationship with Sadness. (It's normal not to get 100%.)