

SLOW, PROCESS, HEAL, REVITALIZE

# INQUIRY QUESTIONS TO PROCESS SAD EMOTIONS



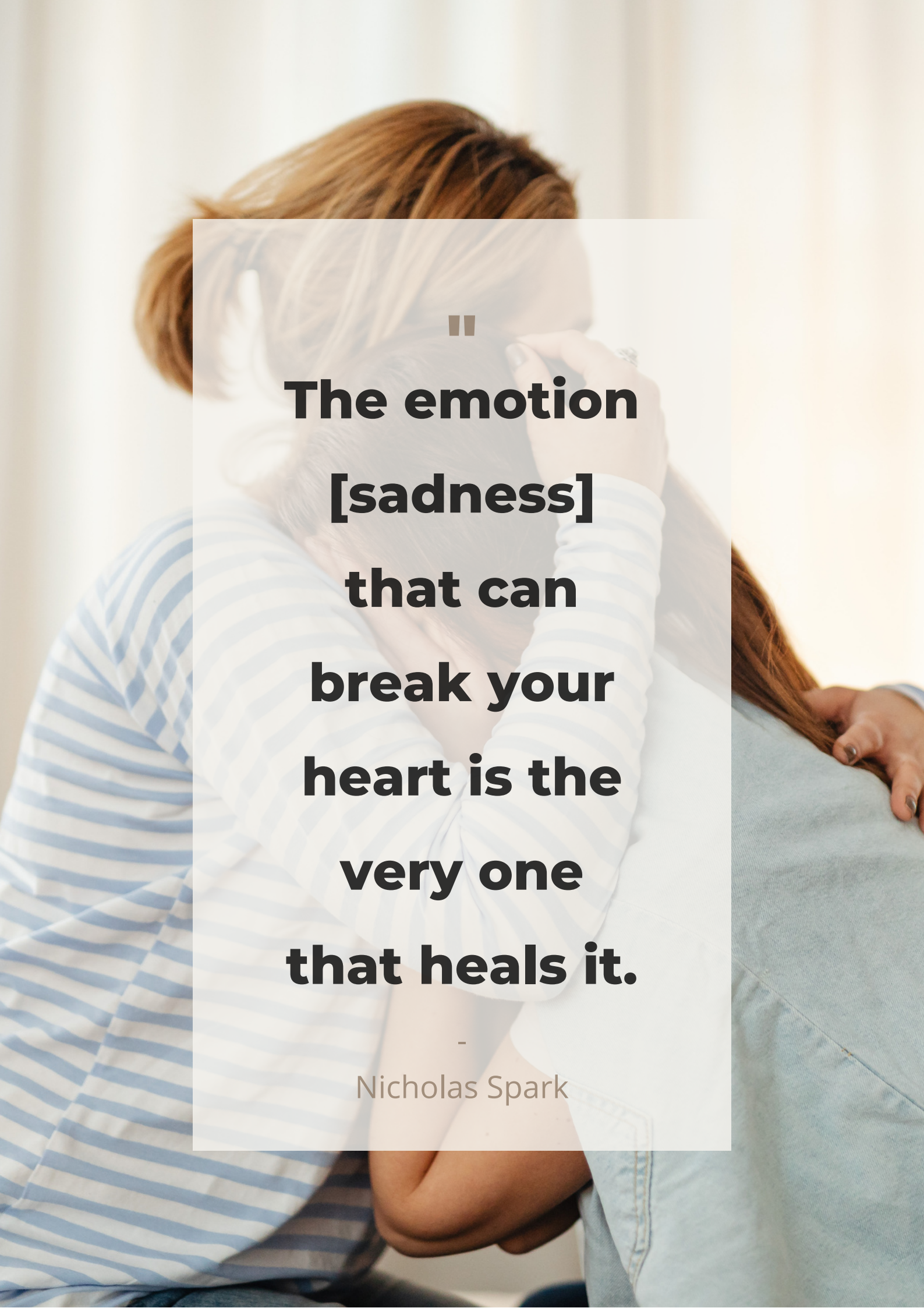
## PURPOSE FOR SAD/HEALING EMOTIONS

- Inevitably occurs when we experience or perceive a loss or disappointment
- Slow you down to accept, let go and grieve
- Provides crying, healing, and rejuvenation
- May involve a loss you chose, such as moving, job change, etc.
- May involve a loss you did not choose, such as grief or divorce

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## INQUIRY QUESTIONS AND POSSIBLE CORRECTIVE ACTION

- What must be accepted in order to feel, process and heal?
- How can I provide myself with self-care, self-compassion and rest?
- If there are lessons to learn from this experience, what are they?
- Studies show crying improves mood 88.8% of the time and crying with self-compassion (deshaming) results in 100%.
- Daily, intentional crying or 'sitting in the mud' with sad feelings for about 10 minutes offers healing for loss, betrayal, shame, heartbreak, and can even breakthrough some types of depression
- Plan daily simple comforts and for the future, travels, interests, etc.
- Ask for specific help and support from supportive friends or family



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**The emotion  
[sadness]  
that can  
break your  
heart is the  
very one  
that heals it.**

-  
Nicholas Spark



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## SUBTYPE OF SADNESS

### DISAPPOINTMENT OR FEELING BETRAYED

- May involve someone else's behavior or lack of expected behavior
- May involve a loss due to expectations or hopes not being met
- May involve a failure, which is experienced as a painful loss
- May involve violation of trust (which will also activate anger)
- May involve not feeling seen, heard and valued (loss of connection)
- Involves a sense of loss you did not choose

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## INQUIRY QUESTIONS AND POSSIBLE CORRECTIVE ACTION

- What must be accepted, mourned and released?
- What can be restored in terms of modulating expectations to prevent future disappointment, failure or betrayal?
- What type of apology or expectations are needed to restore trust?
- Feel through the heavy of daunting grief and seek therapy as needed
- Ask for support from friends and/or supportive loved-ones as needed
- Use Conscious Complaining and Mindful Self-Compassion practices

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## SUBTYPE OF SADNESS

### SITUATIONAL DEPRESSION (ALSO SHAME-BASED)

- Your emotional 'Stop Sign'
  - Drains your energy to force you to slow down and notice things that are not working so you can redirect yourself in a better direction, set boundaries or establish more realistic expectations for self or others
  - Produces hormones that push for "SLOWING" forcing you to take time to heal, cleanse, rest, recover and reset yourself in right direction
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### INQUIRY QUESTIONS AND POSSIBLE CORRECTIVE ACTION

- Why did my mind demand this halting?
- Have I been running in the wrong direction, or in circles of unwanted behavioral patterns?
- What do I feel powerless or helpless over?
- Do I have regrets to look at and learn from?
- How much time do I need to take time for myself to rest and heal?
- Is my Inner Critic shaming me in depression? Do Inner Critic Work.
- Can I list creative solutions?
- Ensure counseling to navigate and get unstuck from depression





**Attend to  
depression in a  
grounded,  
empathetic way. It  
can stand up for  
your lost dreams  
and clear  
everything inside  
that threatens  
those dreams. In  
essence, giving  
you a new life.**

-

Karla McLaren, MEd



#### MEDICAL DISCLAIMER

Content provided and presented in this document or otherwise is not a substitute for professional medical advice, diagnosis or treatment. Content is intended for educational purposes only. It should not be used as a substitute for medical or psychiatric advice, cannot diagnosis or treat any medical or psychiatric condition and does not replace care from your physician. Always consult a healthcare professional if you suspect you require medical or psychiatric treatment.

If you are experiencing a life-threatening emergency, in danger of hurting yourself or others, feeling suicidal, overwhelmed, or in crisis, you can access the following resources to find help.

If you are experiencing an emergency dial 911

Crisis Text Line [www.crisistextline.org](http://www.crisistextline.org)

Suicide Prevention [988lifeline.org](http://988lifeline.org)

National Domestic Hotline [www.thehotline.org](http://www.thehotline.org)