

SADNESS

Sadness: an unpleasant emotion caused by feelings of disadvantage, loss, despair, grief, helplessness, disappointment and sorrow. Chronic sadness rehearses disappointment and leads to depression. Depression is a consuming emotion.

Dealing with sadness is a normal part of the maturing process. A child experiences a small loss that causes distress from which he or she learns to return to joy. If a mother cannot allow the minor distress, children may never learn how to deal with sadness by themselves.

My soul melts away for sorrow; strengthen me according to Your word! - Psalm 119:28

Unresolved Sadness

Loss → Disappointment → Sorrow → Grief → Hopelessness → Depression

Symptoms of Grief

Crying	Headaches	Difficulty Sleeping
Questioning Purpose	Questioning God	Detachment
Isolation from Family	Abnormal Behavior	Worry
Anxiety	Frustration	Guilt
Fatigue	Anger	Loss of Appetite
Aches and Pains	Stress	Hopelessness
Lie: "Better off dead."		

Phases of the Grief Cycle¹

- Denial
- Anger
- Bargaining
- Depression
- Acceptance

Truly, truly, I say to you, you will weep and lament, but the world will rejoice. You will be sorrowful, but your sorrow will turn into joy. - John 16:20

Identify the Losses

- Physical realm (things, people, position, etc.)
- Emotional realm (feelings, opportunities, expectations, etc.)
- Spiritual realm (identity, relationships, faith, hope, love)

Process the Loss

- Acknowledge the loss
- Consider what it has cost you
- Forgive: release offense against all that contributed to the loss
- Honor the past
- Ask for a renewed identity in Christ
- Praise: gratefully receive a new beginning (return to joy)

¹ Kubler-Ross and Kessler, *On Grief and Grieving*, NY, Scribner, 2005.