

SAD



Give ourselves time and space for sadness.

What it's about; what it does for us...

...Experiencing the pain of loss; it helps us to gradually come to terms with our loss.

We feel this when...

...we experience separation or loss, or feel let down. Something important has gone from our life. We lose our strength, appetite, or our capacity to enjoy life.

It makes us...

...want to be on our own and rest, seek comfort and consolation and try to get things in perspective.



PROTECTING
ME QUADRANT



DISHEARTENED
ZONE