1. “Sadness”

According to Joseph Paul Forgas, Ph.D.

* Instead of focusing on your sadness, take actions to be happier
* Share your feeling with a friend/loved one
* Focus on improving your well-being. Plenty of research has shown that exercising and eating healthy boosts your mood
* Recognize what’s making you sad and don’t obsess over the feeling. Everyone experiences sadness and throwing yourself a pity-party isn’t going to help

1. “Pessimism”

According to Tracie Miles

* Think of the circumstances that often make you feel as if you’re sinking whether emotionally, mentally, spiritually, and physically
* Embracing a life of positive thinking doesn’t mean it’s always going to be easy. Be prepared for the enemy of our souls to try to keep you from being positive

1. “Past Failures”

According to Susan Tardanico

* Don't make it personal. Separate the failure from your identity. Just because you haven’t found a successful way of doing something (yet) doesn’t mean you are a failure.
* Take stock, learn and adapt. Look at the failure analytically -- indeed, curiously -- suspending feelings of anger, frustration, blame or regret.
* Stop dwelling on it. Obsessing over your failure will not change the outcome.
* Release the need for approval of others.Often our fear of failure is rooted in our fear of being judged and losing others’ respect and esteem.

1. “Loss of Pleasure”

According to

1. “Guilty Feelings”

According to John M. Grohol, Psy.D.

* Recognize the kind of guilt you have and its purpose.
* Make amends or changes sooner rather than later.
* Accept you did something wrong, but move on.
* Learning from our behaviors.
* Perfection doesn’t exist in anyone.

1. “Punishment Feelings”

According to Danielle B. Grossman, MFT

* Recognize that self-punishment may be so deeply entrenched that no amount of telling ourselves to be nice to ourselves is going to make much difference.
* We also must move beyond a focus on self-esteem. It may seem logical that if we could just find self-love and acceptance, then we would start being nicer to ourselves.
* Creating a more positive sense of self is, of course, critically important for improving our health and well-being; self-punishment, however, is far more complex than a lack of self-esteem.
* Moving beyond self-punishment becomes possible when we get the help that we need to navigate in a new way when we feel pain. Instead of relying on self-attacks, we practice leaning on others to comfort us and soothe our pain. We begin to internalize this comforting feeling and become increasingly capable of self-soothing. We develop compassion for our pain and acceptance of our many human needs.

1. “Self-dislike”

According to Lisa Firestone, Ph.D.

* The first thing to realize is that we are not our critical inner voice, and we are definitely not the person our critical inner voice tells us that we are.
* we are all flawed in certain ways, but when we listen to our critical inner voice, we tend to exaggerate and berate ourselves for these flaws. We lose perspective and fail to exercise the self-compassion that is essential to pursuing our goals and living our lives to the fullest.
* Challenging self-hatred is a key step to stopping self-limiting or sabotaging behaviors. It opens doors in our lives we didn’t know we’d shut and makes it possible to live a more unique and personally fulfilling existence.

1. “Self-criticalness”

According to Katherine Hurst

* Find The Roots Of Your Self-Critical Thoughts. for example, if you often think “I’ll never amount to anything at work and I can’t do anything right”, try phrasing this is “You’ll never amount to anything and you never do anything right”.
* Figure Out Your Low Self-Esteem Triggers. Each inner critic is also fueled by different things. If you can work out precisely what sparks self-hatred in you, you can actually pre-empt its destructive words by deliberately doing something to shift your focus on emphasizing your self-love. Try keeping a notebook with you for a couple of weeks and writing down your triggers.
* Examine Irrational Judgements About Others. When we dislike something about ourselves, we sometimes project that loathed trait onto other people so that we can attack it more effectively. As such, your negative judgments about friends, family or colleagues may give you a clue about the roots of your own self-critical thoughts, making it easier to see what you need to do to feel better.

1. “Suicidal Thoughts or Wishes”

According to Christian Nordqvist

* Asking them if they are thinking about suicide. Studies show that asking does not increase the risk.
* Keeping them safe by staying around and removing means of committing suicide, such as knives, where possible
* Listening to them and being there for them
* Encouraging them to call a helpline or contacting someone the individual might turn to for support, for example, a friend, family member, or spiritual mentor
* Following up with them after the crisis has passed, as this appears to reduce the risk of a recurrence

1. “Crying”

According to Timothy J. Legg, PhD, CRNP

* Walking away from a situation, it can be a helpful way to stop getting worked up and bursting into tears. Getting too angry, upset, or frustrated can cause crying so removing themselves and returning when calmer can help a person regain control.
* Failure to communicate properly can lead to anger and frustration, which can trigger the urge to cry. Learning how to express feelings clearly, staying calm, and using words can help to keep tears at bay.
* Have props and use distractions. Having something to scribble on, a stress ball, or something to look at visually may be of use when heading into a situation that could trigger crying. Distraction is another popular technique. Focusing on an activity or task, listening to uplifting music or starting a conversation can also be helpful.
* Think about something positive or funny instead. Try to replace negative thoughts with positive ones or think about something funny or silly instead. Seeing the lighter, funnier side to a stressful situation can make things easier and stop someone from crying so easily.