

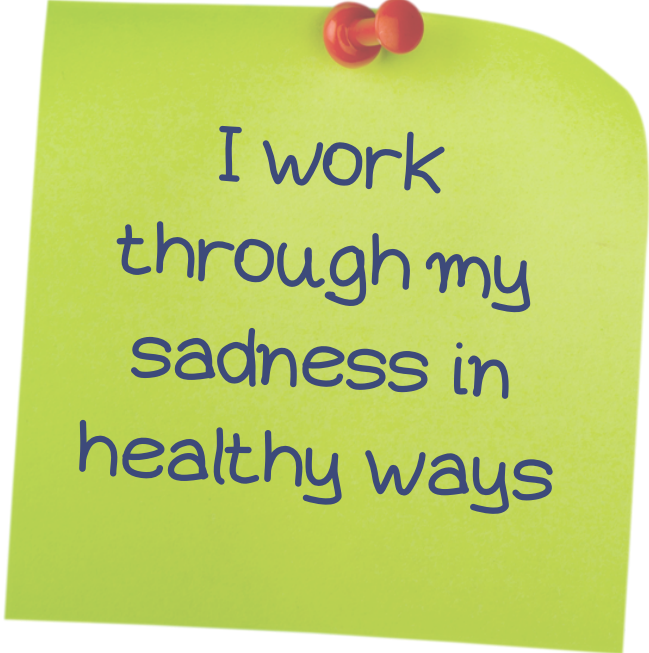
Sadness Affirmations



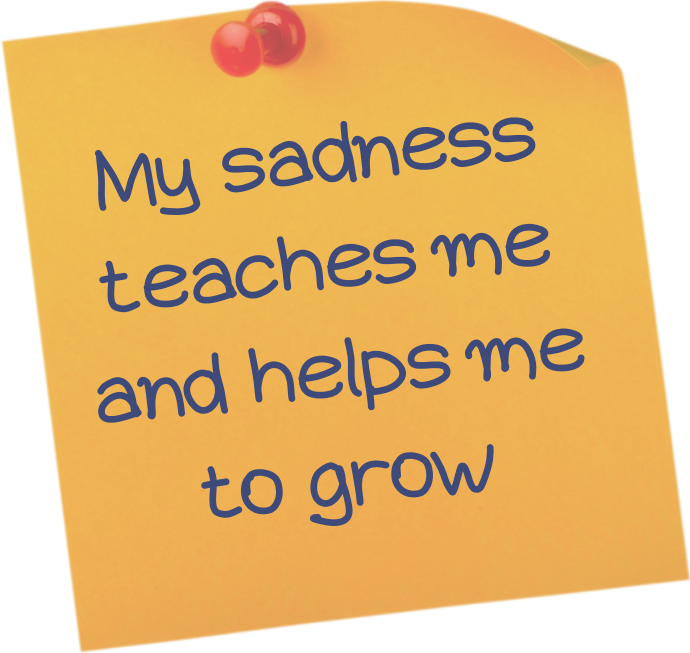
I am kind to
myself
when I feel
sad



I feel safe
to talk
about my
feelings



I work
through my
sadness in
healthy ways



My sadness
teaches me
and helps me
to grow