BIG Feelings

Defining Sadness

SADNESS

A feeling of sorrow or unhappiness, often in response to loss or disappointment

Hurt
Emotional or physical pain caused by harm or betrayal

Regretful
A sense of sadness or disappointment over something one wishes they had done differently

Suffering
Prolonged emotional or physical pain caused by hardship or adversity

Distress
Acute worry or discomfort from overwhelming situations

Guilty
Feeling responsible or remorseful for a mistake or wrongdoing

Shameful
Feeling deeply embarrassed or dishonored by one's actions or experiences

Depressed
Persistent sadness and low energy, often with a loss of interest or hope

Despair
Overwhelming hopelessness and absence of optimism

Lonely
A deep sense of sadness from feeling disconnected or alone

Empty
Feeling emotionally unfulfilled or void

Unmotivated
A lack of drive or energy, often accompanied by emotional disinterest

Isolated
Feeling detached or cut off from others physically or emotionally

Powerless
Feeling helpless or unable to affect one's circumstances

Grief
Deep sorrow caused by loss, particularly of someone or something significant

Abandoned
Feeling deserted or unwanted, often leading to sadness or rejection

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