

Article 9: What is sadness?

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What is sadness?

Sadness is a feeling — it's one of the many normal human emotions, or moods, we all have. Sadness is the emotion people feel when they've lost something important, or when they have been disappointed about something, or when something sad has happened to them or to someone else. When they're lonely, people often feel sad.

When you're sad, the world may seem dark and unfriendly. You might feel like you have nothing to look forward to. The hurt deep inside may crush your usually good mood.

Sadness makes you feel like crying, and sometimes the tears are hard to stop. Crying often makes you feel better.

Sometimes when your mood is sad, you just feel like being alone for a little while. Or you might want someone to comfort you or just keep you company while you go through the sad feeling. Talking about what has made you sad usually helps the sad feeling melt away.

When sadness starts to go away, it can feel like a heavy blanket is being lifted from your shoulders. Let's Talk !

1. What can we do when life isn't going the way we want it to?
2. The main reason why you are sad is?
3. When you are sad, is it better to put on a happy face or go about sad all day?
4. What was the last really bad day you had?
5. Who do you talk to when you are sad?
6. Can you please give me suggestions to defeat sadness?
7. If your friend is sad, what is the best word of comfort can you give him/her.
8. What do you do mostly when you are sad?
9. What is the saddest sight you have ever seen?