

SADNESS RECIPE CARD

Ingredients

- FEELING OF LOSS
- DISADVANTAGE
- MAY LEAD TO DEPRESSION
- QUIET
- LESS ENERGETIC
- WITHDRAWN TO ONESELF
- SLOPING BODY
- STUCK OUT LIPS
- DOWNCAST APPEARANCE OF THE HEAD

Directions

Journal Note

SHOPPING LIST

SUFFERING

AGONY

HURT

ANGUISH

DISAPPOINTMENT

DISMAY

DISPLEASURE

SHAME

GUILT

REMORSE

REGRET

NEGLECT

INSECURITY

ALIENATION

HOMESICKNESS

EMBARRASSMENT

HUMILIATION

SYMPATHY

PITY