

Sadness Permission Tool

Purpose

Sadness doesn't need to be rushed, explained, or corrected.
This tool helps you give yourself permission to feel—without pressure.

Step 1: Notice

When sadness shows up, pause.

What do you notice in your body right now?

- Heaviness
 - Tight chest
 - Tearfulness
 - Low energy
 - Other: _____
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Step 2: Allow

Read or say quietly:

"I'm allowed to feel this."

What changes, even slightly, when you allow the feeling instead of pushing it away?

Step 3: Release the Fixing

Sadness does not need to be solved.

Check what fits right now:

- I don't need answers yet
 - I don't need to move on yet
 - I can sit with this for a moment
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Step 4: Gentle Support

What helps you feel just a little supported while sadness is present?

- Rest
 - Quiet
 - Writing
 - Music
 - Being with someone safe
 - Other: _____
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Bridge the Gap Coaching

Sadness is not a setback. It's part of being human.
When you allow it, the intensity often softens—and the bridge still holds.
