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SAD

STATES OF SADNESS

Each emotion contains a number of related states, which differ in intensity. The states shown here are representative, not exhaustive.






sadness	
disappoint	
discourage	
distraughtness	
resignation	
hopelessness	
misery	
despair	


sadness	
grief	
sorrow	
anguish	











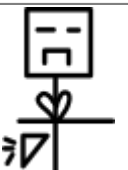

OTHER EMOTIONS

- sad , , gloomy , loathe , glumen , woe
- dejected , despair , indifference
- pain
- nostalgia , anguish , agony
- helpless , weak ,
- asthenic , despirited , powerless , malaise
- Ill , sick
- morbidness , morbidity , melancholy , Suffer ,
- Failed ,
- lose defeated
- remorse , regret , redemption , realise , resent
- forgiveness , mercy , pardon

	lonely , alone , lone ,	isolation , solitude , detachment
	disappointed, dissatisfied , boredom	
	cry , moan , sob ,	

NEGATIVE

	sad , , gloomy , loathe , glumen , woe	dejected , despair , indifference ,
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	pain	nostalgia , anguish , agony			
	helpless , weak ,	asthenic , despirited , powerless , malaise			
	Ill , sick	morbidness , morbidity , melancholy , Suffer ,			
	Failed , lose	defeated ,			
					
Frown		Sorrow	Grief	Gloomy	Dejection
					
Despair	Disappoint	Indifference	Melancholy	Pessimist	

ANALOGIES

1. Draining

We use the 'draining' metaphor very regularly to talk about things that exhaust and frustrate us. We can also switch out the term 'deflating' here. It's the sense that the energy is being sucked, drained or squeezed out of us, leaving us with nothing left to give. We'll spend days on end in **bed** or sitting on the couch because the idea of getting **up** is just too hard. We've **been** drained of energy - you can't get **up** and get going because there's no "fuel left in the tank".

2. Dark **Cloud** Sometimes when the weather is bad and the skies are cloudy you can feel a bit down and out. A rainy day forces us inside and under the covers. We don't want to **do** anything. But for people suffering from **depression**, every day is a bad weather day. So you can imagine that when someone has a negative mindset, there's a **cloud** hovering over their head all day everyday. So we'll often say that there's a dark **cloud** following you around that you just can't escape. It makes every day a terrible day.

3. Black Dog The metaphor of **depression** as a black dog comes from Winston Churchill who would say that there was a black dog following **him** around in reference to his dour moods. The black in this metaphor may refer to the darkness we feel inside. The dog refers to the idea of a dog who is too fond of you and follows you around. No matter where you go, he manages to sniff you out and follow you around like **an** unwelcome and unwanted companion.

4. Shadow The shadow metaphor is very similar to the black dog metaphor. It refers to the idea that there is something following you around that you can't escape. A shadow is something you cannot get rid of forever. It will **be** there whenever you're out in the **sun**. Your shadow is part of you. Similarly,

many of us feel like our **depression** is part of us. It will **be** there by our sides and no matter how hard we try or how fast we run from it, it will **be** able to keep **up** with you and patiently standing beside you no matter what.

5.tentacles The tentacles metaphor is one that refers to the idea that you're being pulled down or held back by your mental illness. This is the first of many on this list that refer to this idea that you feel held down or constrained. You can imagine tentacles reaching out to you when you try to run or swim away. They grab at you and pull you back into their embrace. And there's never just one tentacle, is there! Imagine eight tentacles grabbing at you, overwhelming you with their embrace and refusing to let you go.

6. A Ball and Chain A ball and chain around the ankle used to **be** a way of ensuring prisoners and convicts from the British colonies wouldn't **be** able to escape. It would hold you to your spot and constrain you from freedom. The ball and chain metaphor often refers to marriages or long-term (even failing) relationships. A wife who is a ball and chain is a pejorative term for a wife who won't let her husband enjoy himself. But in this circumstance, it refers to the feeling that **depression** won't let you escape from it. You're chained to it. This metaphor in a sense combines the shadow and tentacle metaphors above, because it both follows you around and holds you down.

7. Trapped on a Desert Island Imagine being trapped on a desert island for months on end. Imagine the searing heat and sense of starvation as you run out of coconuts to eat (I'm picturing a particularly rough season of CBS's Survivor here). People trapped on a desert island are slowly dying. As **time** goes by they're losing hope for being rescued.

This long, slow sense of isolation, lack of hope, and sense you're slowly drifting off to nothingness is analogous to **depression**. When you're depressed, you feel like you're never going to **be** rescued from your desert island.

8. Rollercoaster A lot of people experiencing **depression** also experience brief highs or a false sense that they've escaped their mental health problems, only for them to return a day or week later. This is most common with bi-polar disorders, but many people with **depression** also feel like they have 'better' and 'worse' days. The ups and downs of feeling better and worse, better and worse, can **be an** exhausting, draining experience. And you could relate those ups and downs to a rollercoaster ride.

9. Deep pit Imagine being stuck in a pit or well that's so **deep** that you can't claw your way out of it. That's the feeling that comes from the sense of hopelessness we feel when we have **depression**. This metaphor is equally as apt because it's that sense of being underground, buried, and overpowered by the world that seems to **be** trampling us underfoot.

10. Feeling Down Many of the metaphors in this list highlight a sense of 'downness' rather than 'being **up**'. The idea that you're down refers to the concept of being trampled or having fallen.

11. mental prison Prison (real prison!) is a **place** that constrains people and doesn't let them exercise their freedom. You can't escape. A mental prison is "a prison in the **mind**" – your mental illness is your enemy, not allowing you to go out and tackle the world. Because of your **brain**, you're forced inside and trapped under the blankets for days on end.

This metaphor allows us to express just what a mental illness is doing to you and how it's making you feel, which can really **help** express your feelings to others in our **life**.

12. Rock Bottom Rock bottom is as **deep** as you can dig. I've already referred to the idea that 'down' and '**deep**' are common in **depression** metaphors. Rock bottom continues that motif by referring to the idea that you've dug and dug and **hit** a layer of rock that means you can't dig any more.

It's another way of saying you're "at your lowest point in [life](#)".

The good thing about rock bottom is the only way is [up](#) – so you might use this term when you finally decide to get professional [help](#): "I've [hit](#) rock bottom so my only option was to come and see a therapist."

Go Deeper: A List of Rock Metaphors

13. Trapped in a Maze [Depression](#) Sometimes when you're depressed you feel like you can't escape your own [mind](#) and can't find a way toward hope and escaping this feeling. It's like when you're in a maze and you're trying to find the exit. At first it's not so worrying and you start looking for ways out. But the more corners you turn the more panicked you get until you feel desperation and lack of hope.

This feeling is a common one for people suffering from mental health problems and a good way of explaining your desperation and struggles to others.

14. A Hamster [Wheel](#) The hamster [wheel](#) is a very common metaphor we use for working the 9-5. It's this sense that every day of your [life](#) you're working really hard but you're not really going anywhere. You're just spinning the [wheel](#) and standing still.

But I've heard people use this term to explain [depression](#) as well. Because every day feels the same. You try so hard each day to make this day better than the previous. But every day you're mentally exhausted, trying new ways to improve, but you feel like you're not making any progress at all.

15. Sinking in [Water Depression](#) There are two sinking metaphors you can use here. The first is sinking into [water](#). This metaphor refers to the idea that you're stuck in [an](#) ocean and unable to swim, You start sinking and reaching out for the [air](#) above, but it keeps fading and getting further [an](#) further away. This feels a lot like the desperation of [depression](#), where you can feel the [life](#) you want to lead getting out of grip and slowly fading from your horizon. Before long it will [be](#) a distant memory and you'll [be](#) stuck [deep](#) underwater.

16. Sinking into Quicksand The second sinking metaphor refers to the idea of sinking into quicksand. People sinking into quicksand can't lift their legs to get out. They're trapped right there with no escape.

And the worst thing about quicksand is the more you wiggle and fight the more you sink. Many people with mental health problems can relate to this. You try as hard as you can to get your head clear and positive, but it seems no matter what you [do](#) and how hard you try, you just keep getting into a worse and worse frame of [mind](#).

17. Fighting [an](#) Invisible Enemy [Depression](#) When you're fighting [an](#) invisible enemy it's really hard to win!

And there are two ways to look at this. The first is that mental health problems can't [be](#) seen by others. When someone with a physical disability is struggling they often get more [help](#) and more sympathy because their [pain](#) is visible. But with mental health problems, you're often told to "suck it [up](#)" because people can't really see that you're having a tough [time](#).

Then there's the idea that you're fighting something but you can't pin it down to beat it. An invisible enemy comes [up](#) behind you and causes you grief. It'll tap you on the back when you least expect it, and because you can't see it, you can't stop it from sneaking [up](#) on you and breaking you down.

18. [Life](#) without Color You'll often see that documentaries about [depression](#) are shot in black and

white. And that's because we often associate color with joy and happiness. Black and white [life](#) lacks the flair and pleasure of colorful [life](#). That's why, for example, children shows and sweets shops are so full of color and [light](#).

So the idea of [life](#) without color is symbolic of how people who are depressed feel as if they have no joy or happiness in their lives. We might say that our [life](#) is "greyscale" or "monotone" to explain this sense that you're unhappy and cannot see joy around you.

Read Also: Metaphors for [Life](#)

19. Melting Down [Depression](#) You can visualize [an](#) ice sculpture or snowman slowly melting and losing shape. And sometimes that's what it feels like to [be](#) depressed. You feel yourself slowly fading and losing shape. The first thing to go is the clear sharp edges – the sense that your [life](#) is put together and you're in control. But before long you feel like you're dripping into a puddle. Your [life](#) runs out of structure or purpose.

A 'melt down' can also refer to a moment when someone loses complete control and starts crying. And it's not uncommon for someone who's depressed to melt down regularly due to the sense of despair.

20. Having a Flat Battery A car that's got a flat battery won't start! And sometimes you'll wake [up](#) and feel the exact same way. You can't get that spark to get going. So you just stay in [bed](#) or in your pajamas all day long.

The car with a flat battery also doesn't have any energy in it – that's what it means to have a flat battery! So, that sense of lack of energy is also built into this metaphor.

21. Swimming Against the Tide [Depression](#) Lastly, you might say that when you're depressed you feel you're swimming against the tide. This one is very similar to the hamster [wheel](#) metaphor. When you're swimming against the tide, you're paddling and working really hard to achieve incremental improvements, but the tide continues to push you back and feel like you're not improving at all. Similarly, when you are suffering from mental health problems, you'll often feel like your efforts are futile.

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