

# Dealing with Unexpected Sadness on ADT

ADT, like with any type of hormone-related therapy, can toy with your emotions. Hormones [send signals to your brain](#), which can alter your brain function and your behavior.

Testosterone is one of these mood-affecting hormones. [According to research](#), testosterone can be correlated with what many people consider to be masculine attitudes, like increased sex drive and anger, but there are also signs to suggest testosterone reduces fatigue.

Of course, ADT *reduces* the amount of testosterone in your body. Thus, many of the above emotions can be hard to control.

The [American Cancer Society](#) also indicates ADT can cause emotional lability and depression in patients. So once ADT throws your testosterone in disarray, you may find yourself feeling more emotional than usual.

This can be hard for many ADT patients to deal with. Now that you can't control your emotions as easily, it can be hard to learn how to cope with the spontaneous urge to cry. You may even feel embarrassed by your newfound emotions, but they are nothing to be ashamed of.

## All Emotions are Healthy & Useful

No one likes to feel sad, which may be why it's labeled as a ["negative" emotion](#). But the feeling itself is not bad, it's the poor decisions and actions that can sometimes follow these intense emotions that are bad. Many of these so-called negative emotions can actually be incredibly positive and helpful.

Learn how to appreciate sadness. Recognize that it is a normal emotion which helps you navigate the difficult process of ADT treatment and life's other complexities.

## Why It's OK to Show Sadness on ADT

Sadness can [increase your motivation to keep fighting](#). While happiness signals feelings of safety and security, sadness is like an alarm system. When we feel sad, we can be triggered to feel motivated to put more effort into the challenges that lie ahead.

According to the [American Psychological Association](#), sadness, or more specifically crying, helps you communicate your emotions. For infants, crying is an essential tool to show discomfort and communicate their need for support. This advantage can carry into adult life as well. Going through ADT is difficult. Your tears will communicate your need for support and comfort to those around you. Who knows, if you have a partner, they may even appreciate seeing this new, softer side of you.

## **You Don't Need to Hide Your Emotions**

Don't waste your energy trying to fake your emotions. When you feel sad, look to those around you—friends and family who love and support you.

In the days ahead, have an open conversation with someone close to you. Share something you've been thinking about but have not expressed openly. Write down how you felt when you expressed yourself.