

## Inside Out – Sadness Block

### Color Abbreviations

Aran (White) = W

Black = B

Light Blue = LB

Soft Navy = N

### Increase Rows

Row 1: 1 W

Row 2: 2 W

Row 3: 3 W

Row 4: 4 W

Row 5: 5 W

Row 6: 6 W

Row 7: 7 W

Row 8: 8 W

Row 9: 9 W

Row 10: 10 W

Row 11: 4 W, 4 N, 3 W

Row 12: 3 W, 5 N, 4 W

Row 13: 4 W, 7 N, 2 W

Row 14: 2 W, 2 N, 2 B, 4 N, 4 W

Row 15: 4 W, 4 N, 1 B, 1 N, 1 B, 2 N, 2 W

Row 16: 2 W, 2 N, 1 B, 2 N, 1 B, 4 N, 4 W

Row 17: 4 W, 2 N, 2 LB, 1 B, 4 LB, 2 N, 2 W

Row 18: 3 W, 1 N, 1 LB, 1 B, 1 LB, 1 B, 4 LB, 1 N, 5 W

Row 19: 5 W, 1 N, 3 LB, 1 B, 2 LB, 1 B, 2 LB, 4 W

Row 20: 5 W, 2 LB, 1 B, 1 LB, 3 B, 1 LB, 2 N, 5 W

### Decrease Rows

Row 21: 5 W, 1 N, 1 LB, 1 B, 1 LB, 3 B, 2 LB, 5 W

Row 22: 4 W, 4 LB, 1 B, 2 LB, 1 B, 2 N, 4 W

Row 23: 4 W, 1 N, 1 B, 1 LB, 1 B, 2 LB, 2 W, 1 LB, 4 W

Row 24: 4 W, 1 LB, 2 W, 1 B, 3 LB, 1 N, 4 W

Row 25: 3 W, 1 N, 1 B, 2 LB, 1 B, 1 LB, 1 W, 2 LB, 3 W

Row 26: 3 W, 2 LB, 1 W, 1 LB, 1 B, 1 LB, 1 B, 1 N, 3 W

Row 27: 3 W, 1 N, 2 B, 4 LB, 3 W

Row 28: 3 W, 4 LB, 2 N, 3 W

Row 29: 3 W, 2 N, 2 LB, 4 W

Row 30: 5 W, 2 N, 3 W

Row 31: 3 W, 1 N, 5 W

Row 32: 8 W

Row 33: 7 W

Row 34: 6 W

Row 35: 5 W

Row 36: 4 W

Row 37: 3 W

Row 38: 2 W

Row 39: 1 W