Once at work, in a coffee shoppe, a wave of sadness washed through me. I looked to my right seeing my seemingly content co-worker working at the barista machine. Asking myself if I was depressed for any reason, I realized no.  I bluntly asked my co-worker, "Are you sad?" He first denied it. I said okay.  Some time later, he admitted "Yes, I am sad, how did you know that?" I admitted I felt your sadness.  He confessed he was quitting the job and would miss our co-workers.