

Prescription for When you're lonely

NAME _____ DATE _____

ADDRESS _____

The remedy

Feeling lonely can be experienced many times throughout life. Sometimes it's the result of a breakup, and at other times it can just be a feeling that surfaces when you feel disconnected or have spent too much time alone. Loneliness refers to the difference between the amount of social contact and intimacy you have, and the amount you want. Loneliness is a natural part of the human experience, but it can be mitigated with certain practices and actions that reconnect you to yourself and the world.

1. Find a moment to sit quietly so you can reflect on your loneliness. Try to uncover what it feels like in your body, and identify the thoughts that surround the feeling.
2. Make a list of your thoughts on a piece of paper. What are you telling yourself about being alone or feeling lonely? Cognitive distortion is one of the biggest catalysts for loneliness.
3. Make a list of all the people you know casually and intimately, both locally and farther away so you can see on paper that you are not alone.
4. If you are absolutely all alone where you are in your life, find a larger gathering where everyone is showing up for a common interest like a talk or meeting.
5. Since loneliness is a byproduct of isolating and spending time alone commit to one social event that you feel comfortable with. Pick an organization to volunteer with or join a group for a hike.

andra brosh PH.D.
www.drandrabrosh.com

