

Loneliness - PART 1

By definition, loneliness is the state of distress or discomfort that results when one perceives a gap between one's desires for social connection and actual experiences of it. Most people associate loneliness with it being a void. There are layers to what loneliness represents. It's like a container that holds all the pain that you have gone through. People avoid feeling lonely and default going into survival mode because we are a species that needs connection.

Steps to deepening awareness of Loneliness:

1. How do you use your coping mechanisms to avoid your feelings of loneliness?
2. If you understood that loneliness contains all your emotions, what would you choose to face first?
3. Imagine loneliness was a parent that you needed to defend you from your pain because you didn't have anyone creating safety for you. What characteristics would this parent(loneliness) embody?
4. Do you recognize that these are the characteristics that you embody? How do they have control over you?
5. Have you hurt anyone today because of your loneliness?
6. What is your resistance around connection?
7. If you could trust yourself, would you approach every experience with an open heart without the fear of getting hurt?