



Rethinking Loneliness

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Thoughts

- What do the pattern of your thoughts sound like?
- What are the stories you tell yourself about your situation? Or your level of connectedness?
- What are your sources of input and who do you surround yourself with?
 - Are they amplifying or alleviating your level of loneliness?
 - Do you need to re-evaluate and manage these forms of input and association?



Projection vs. Curiosity

Projection

- Ex. “You’re in that home all by yourself? Oh, it must be so lonely.”
- Ex. “You should get a pet.”

Curiosity

- Ex. “Hey, how are you doing with everything that’s going on?”
- Ex. “What’s this situation been like for you?”



TRAFFIC LIGHTS

There will be green
lights!





Additional ways to deal with loneliness

- Random acts of kindness or be the hands and feet of Christ
- Develop new skills or the willingness to develop new skills
- Develop better social and communication skills
- Take a personality test
- Stretch your comfort zone
- Expand your association in creative ways
- Develop or deepen your relationship with God
- Work towards becoming your solid, flexible self
- Take one small action daily