



Exploring Loneliness

Understand the longing beneath disconnection

Loneliness can visit us in a crowd as easily as in an empty room. It may point towards connection, belonging, being known or feeling safe enough to be ourselves. You are not failing because you feel it.

When do I feel most lonely?

What is the difference between solitude and loneliness for me?

What kind of connection am I actually longing for?

What thoughts make connection feel harder?

How does social media affect me?

What gets in the way of reaching out?

One low-pressure step towards connection

What I want to remember when loneliness returns
