

Chapter 1 : Half of Plus HIV Group Lonely, But Loneliness Declines in the 60s

The term "loneliness" calls to mind the feeling of being disconnected from the world and the people around you. But that feeling is far more common and devastating than many people realize.

Download as PDF 1. Younger adults aged 16 to 24 years reported feeling lonely more often than those in older age groups. Women reported feeling lonely more often than men. Those single or widowed were at particular risk of experiencing loneliness more often. Renters reported feeling lonely more often than homeowners. People who feel that they belong less strongly to their neighbourhood reported feeling lonely more often. People who have little trust of others in their local area reported feeling lonely more often. Three profiles of people at particular risk from loneliness were identified: Widowed older homeowners living alone with long-term health conditions. Unmarried, middle-agers with long-term health conditions. Younger renters with little trust and sense of belonging to their area. [Back to table of contents](#) 2. Things you need to know about this release The Prime Minister recently announced the development of a strategy to alleviate loneliness in response to the report of the Jo Cox Commission on Loneliness PDF, 2. ONS is now working with a cross-government group, charities, academics and other stakeholders to review the measurement of loneliness and publish recommendations on this later this year. The survey asked people living in England: The analysis presented here is based on this question. The survey was selected for analysis because it asked respondents about how often they experience loneliness and about other aspects of their lives – this article is focused on the frequency of loneliness rather than degree of loneliness. The focus of this article is on identifying personal characteristics and circumstances that increase or reduce the likelihood of experiencing loneliness. We also present profiles of loneliness – collections of personal characteristics that can put people at greater or lesser risk of loneliness. This could be used to target support more effectively towards people who are at greater risk of feeling lonely more often. Please see the accompanying technical report for further details. [Back to table of contents](#) 3. Who is lonely more often? Initially descriptive analysis was carried out to shed light on how personal characteristics and circumstances are associated with self-reported loneliness. Reported frequency of loneliness in adults England Source: It is possible that this may reflect in part differences in how men and women reflect on their personal experiences of loneliness or respond to the question. Some research suggests that men may be more reluctant than women to report undesirable feelings such as loneliness^{1,2}. Reported frequency of loneliness by sex England Source: Reported frequency of loneliness by age group England Source: Reported frequency of loneliness by marital status England Source: Married or civil partnership does not include those who reported being separated. Separated includes people who are legally married but reported being separated. Reported frequency of loneliness by general health England Source: Reported frequency of loneliness by presence of a long-term illness or disability England Source: Figure 6 data relates to a survey question which did not ask whether their condition was limiting. The data remains unchanged. Reported frequency of loneliness by employment status England Source: Reported frequency of loneliness by living as a couple or not England Source: Reported frequency of loneliness by living with others or with others England Source: Homeowner households tend to have greater financial wealth and average annual household income is greater for those in owner occupied homes than those in rented homes. It may not be housing tenure in itself that is associated with how often people feel lonely but financial security. Reported frequency of loneliness by tenure England Source: This suggests those who feel they belong to their neighbourhood less strongly are at greater risk of loneliness Figure Reported frequency of loneliness by strength of belonging to neighbourhood England Source: Reported frequency of loneliness by satisfaction with local area as a place to live England Source: Gender differences in loneliness. Personality and Social Psychology Bulletin, 11 1 , pages 63 to Loneliness in different age groups 18 to 81 years old , using two measures of loneliness. [Back to table of contents](#) 4. Which factors independently affect loneliness? In order to understand more about how each of these personal characteristics and circumstances contribute to loneliness, logistic regression has been used in the analysis reported in this section. This is an analytical technique that works by focusing on one factor at a time, while holding others constant so the effect of specific characteristics and circumstances can be

assessed. In reality, individuals will have a number of characteristics that could increase or decrease the chances of them feeling lonely and so it can be difficult to identify the underlying causes of loneliness, or alternatively, what keeps people from feeling lonely. Using this technique, it is possible to isolate the different effects of each characteristic or circumstance on reported loneliness. All factors reported in this section have a statistically significant link with loneliness that is, we are confident these findings are robust and not just due to random variability in the survey estimates. Regression analysis can identify relationships between factors, however, it cannot tell us about causality. For a full description of how we carried out the analysis, see the accompanying technical report. Of the 34 characteristics and circumstances included in this analysis, 13 were found to have an impact on loneliness, including:

Chapter 2 : How to beat loneliness |

Loneliness, Cacioppo concludes, sets in motion a variety of "slowly unfolding pathophysiological processes." The net result is that the lonely experience higher levels of cumulative wear and tear.

Orson Welles The most terrible poverty is loneliness, and the feeling of being unloved. Unknown Pray that your loneliness may spur you into finding something to live for, great enough to die for. David Crosby Loneliness adds beauty to life. It puts a special burn on sunsets and makes night air smell better. And it has created the word "solitude" to express the glory of being alone. Paul Tillich Loneliness is about the scariest thing there is. Unknown When we truly realize that we are all alone is when we need others the most. Ronald Anthony The person who tries to live alone will not succeed as a human being. His heart withers if it does not answer another heart. His mind shrinks away if he hears only the echoes of his own thoughts and finds no other inspiration. Buck What loneliness is more lonely than distrust? Eliot With some people solitariness is an escape not from others but from themselves. For they see in the eyes of others only a reflection of themselves. Eric Hoffer It is strange to be known so universally and yet to be so lonely. Albert Einstein Loneliness is the most terrible poverty. Mother Teresa Loneliness is never more cruel than when it is felt in close propinquity with someone who has ceased to communicate. Germaine Greer The dread of loneliness is greater than the fear of bondage, so we get married. Cyril Connolly Who knows what true loneliness is - not the conventional word but the naked terror? To the lonely themselves it wears a mask. The most miserable outcast hugs some memory or some illusion. Joseph Conrad Alone, all alone Nobody, but nobody Can make it out here alone. Maya Angelou What should young people do with their lives today? But the most daring thing is to create stable communities in which the terrible disease of loneliness can be cured. Kurt Vonnegut Solitude is the profoundest fact of the human condition. Man is the only being who knows he is alone. Lily Tomlin The whole conviction of my life now rests upon the belief that loneliness, far from being a rare and curious phenomenon, peculiar to myself and to a few other solitary men, is the central and inevitable fact of human existence. John Milton People drain me, even the closest of friends, and I find loneliness to be the best state in the union to live in. Unknown Writing a book is a very lonely business. You are totally cut off from the rest of the world, submerged in your obsessions and memories. Whereas I could be alone for months. Jules Renard It would do the world good if every man would compel himself occasionally to be absolutely alone. Bruce Barton The end comes when we no longer talk with ourselves. It is the end of genuine thinking and the beginning of the final loneliness. Milan Kundera Loneliness is the ultimate poverty. Abigail Van Buren When the sparrow sings its final refrain, the hush is felt nowhere more deeply than in the heart of man. Samuel Johnson Being an actor is the loneliest thing in the world. Being a man is even harder. John Cheever All we ask is to be let alone. Jefferson Davis Loneliness is the universal problem of rich people. Joan Collins When you close your doors, and make darkness within, remember never to say that you are alone, for you are not alone; nay, God is within, and your genius is within. And what need have they of light to see what you are doing? Epictetus Little do men perceive what solitude is, and how far it extendeth. For a crowd is not company, and faces are but a gallery of pictures, and talk but a tinkling cymbal, where there is no love. Francis Bacon The surest cure for vanity is loneliness. Thomas Wolfe The worst loneliness is not to be comfortable with yourself. Mark Twain No matter how lonely you get or how many birth announcements you receive, the trick is not to get frightened. Wendy Wasserstein To be alone is to be different, to be different is to be alone. Suzanne Gordon They are never alone that are accompanied with noble thoughts. Sir Philip Sidney People who lead a lonely existence always have something on their minds that they are eager to talk about. Anton Checkov Separate we come, and separate we go, And this be it known, is all that we know. Conrad Aiken The whole conviction of my life now rests upon the belief that loneliness, far from being a rare and curious phenomenon, peculiar to myself and to a few other solitary men, is the central and inevitable fact of human existence. Thomas Wolfe The eternal quest of the individual human being is to shatter his loneliness. Norman Cousins The lonely one offers his hand too quickly to whomever he encounters. Friedrich Nietzsche A man in a bookstore buys a book on loneliness and every woman in the store hits on him. A woman buys a book on

loneliness and the store clears out. Doug Coupland A woman who is willing to be herself and pursue her own potential runs not so much the risk of loneliness, as the challenge of exposure to more interesting men - and people in general. Lorraine Hansberry Fame always brings loneliness. Success is as ice cold and lonely as the North Pole. Vicki Baum Forget sex or politics or religion, loneliness is the subject that clears out a room. Doug Coupland Friendship needs no words - it is solitude delivered from the anguish of loneliness. Jerzy Kosinski Hollywood is loneliness beside the swimming pool. Liv Ullmann I also wanted to express the strength of cinema to hide reality, while being entertaining. Cinema can fill in the empty spaces of your life and your loneliness. Pedro Almodovar I believe a lot of disease comes from anxiety, loneliness. Tom Cochrane I had become, with the approach of night, once more aware of loneliness and time - those two companions without whom no journey can yield us anything. Jason Schwartzman Loneliness is never more cruel than when it is felt in close propinquity with someone who has ceased to communicate. Germaine Greer Loneliness is proof that your innate search for connection is intact. Martha Beck Love is something far more than desire for sexual intercourse; it is the principal means of escape from the loneliness which afflicts most men and women throughout the greater part of their lives. Bertrand Russell Nothing makes us more vulnerable than loneliness, except greed. Thomas Harris There is no loneliness greater than the loneliness of a failure. The failure is a stranger in his own house. Eric Hoffer We are all so much together, but we are all dying of loneliness. Albert Schweitzer We have all known the long loneliness, and we have found that the answer is community. Dorothy Day What should young people do with their lives today? Kurt Vonnegut When friendship disappears then there is a space left open to that awful loneliness of the outside world which is like the cold space between the planets. It is an air in which men perish utterly. Hilaire Belloc Writing is an antidote for loneliness. Steven Berkoff Yet it is in this loneliness that the deepest activities begin. It is here that you discover act without motion, labor that is profound repose, vision in obscurity, and, beyond all desire, a fulfillment whose limits extend to infinity. Thomas Merton Yoga is a way to freedom. By its constant practice, we can free ourselves from fear, anguish and loneliness. Theodore Sturgeon One can endure sorrow alone, but it takes two to be glad. Wayne Dyer There is none more lonely than the man who loves only himself. Abraham Ibn Esra I was never less alone than when by myself. Edward Gibbon What makes loneliness an anguish is not that I have no one to share my burden, but this: I have only my own burden to bear. Dag Hammarskjold Be good and you will be lonely. Mark Twain Loneliness is part of being human. It reminds us that we are not complete in ourselves. David Runcorn People are lonely because they build walls instead of bridges. Newton There is the solitude of suffering, when you go through darkness that is lonely, intense, and terrible. Words become powerless to express your pain; what others hear from your words is so distant and different from what you are actually suffering. For a life in the past cannot be shared with the present. But as you experience new joys those feelings of sorrow will start to fade. Mevlana Rumi Solitude is a condition of peace that stands in direct opposition to loneliness. Loneliness is like sitting in an empty room and being aware of the space around you. It is a condition of separateness. Solitude is becoming one with the space around you. It is a condition of union.

Chapter 3 : Loneliness Quotes - BrainyQuote

These Three Moves Will Help You Stop Feeling Lonely. Research shows how to feel less socially isolated. Only the Lonely Loneliness comes in many shades. A Cure for Disconnection.

According to the Office for National Statistics, loneliness afflicts around one in seven of those between 45 and Middle age is that phase of life in which our possibilities and freedoms seem to contract most dramatically, where our sense of who we are and will be is liable to feel most constrained by pressures from all sides. A refrain I hear regularly in my consulting room is the anxiety of the unreturned text or email, or the ignored update While there is nothing new about this state of midlife resignation, it takes on a new force in our age of global, networked consumer capitalism. Our lives are ever more psychologically and economically precarious; the families, homes, jobs and pensions that we look to as guarantees of a secure future are instead sources of deep uncertainty. These conditions of precariousness are bound to aggravate our vulnerability to the judgment of others and ourselves. The middle-aged person is liable to look in the mirror and see someone who could have done better, who has failed to fulfil their hopes and ideals. And what hope of change at this point? Whatever the disappointments of work or family, the prospect of giving up either may seem a lot worse. And worse, something in you feels like joining in. Social media may seem like the ideal remedy. Facebook and Twitter cultivate an atmosphere of perpetual mutual affirmation and warmth, providing a rolling assurance of your value and lovability. But no sooner is loneliness banished than it returns. This idealised version of yourself is, after all only a defensive carapace, so that the gap between your happily sociable online and lonely offline lives becomes a kind of reproach. Affirmation and rejection turn out to be two sides of the same coin. The age of loneliness is killing us George Monbiot Read more A refrain I hear regularly in my psychoanalytic consulting room is the anxiety of the unreturned text or email, or the ignored status update. The anxiety brings out a crucial difference between real and virtual contact. An ordinary encounter makes space for quiet proximity, the ineffable pleasure of simply being with someone. Online communication tends to preclude this kind of intimacy. Where the silence of the person next to me can allay my feelings of loneliness, the silence of the virtual interlocutor breeds suspicion and paranoia: Did they ever like me? A patient said to me last week: This intuited presence provides an emotional lining that helps us feel less helplessly dependent on others. In middle age, this sense of internal assurance is worn away by doubts and insecurities. Our culture of consumerism and competition undermines it further.

Chapter 4 : 4 Ways to Deal With Loneliness - wikiHow

With new loneliness surveys being released virtually monthly and pointing to how lonely many young people feel, it's hard to deny the pervasiveness of the problem in This week, BBC Radio 4.

The American Loneliness Epidemic: Are Poor Social Skills to Blame? Written by Shawn Radcliffe on May 21, Loneliness in the United States is on the rise, but psychologists believe we can reverse that trend by taking a few simple steps. A recent survey conducted by Cigna and Ipsos, a market research firm, found that 46 percent of Americans surveyed felt alone some or all of the time. The feelings were most prevalent among younger people, especially those 18 to 22 years old. A Crash Course in the Science of Happiness. So, the technology may not directly be to blame for our loneliness. Men and women in high-income households were among the happiest, as were people with a high school diploma or less. Republicans were also happier than Democrats. Happier people tend to be healthier, and a review of previous research highlighted the connection. Happiness can also boost the cardiovascular and immune systems. Is being happier achievable? In the past, many people assumed happiness was genetic “some of us are just born happier than others. This is only partially true. Sonja Lyubomirsky, PhD, a psychologist at the University of California, Riverside writes that genetics account for only about 50 percent of the happiness variation in a population. Bono pointed out that the last word of that sentence is a crucial one. Research shows that these can work, although they may not work for everyone. Both bad and good things happen. The key is finding balance. If a person buys a new smartphone, they might come home overjoyed. Eventually, the honeymoon phase “literally and figuratively” ends. Another route to happiness Bono outlines can be traveled by shifting expectations. That form of social comparison is really one of the fundamental barriers to a sense of happiness. After all, social comparisons hindered our happiness long before social media existed. For people with social anxiety, this might mean counseling to help them take those first steps. For others, it may mean simply making the effort to schedule more screen-free time and resisting the urge to check digital devices during social events “making a more conscious choice to be present with friends and family.

Chapter 5 : Loneliness and NCI Data | National Core Indicators

Loneliness is a subjective feeling of isolation. Number of coworker interactions and whether or not you work remotely are not causal factors. What matters is the quality and meaningfulness of.

But sometimes, things can get out of hand. Loneliness is a subjective feeling. But raw emotional pain is only the beginning of the damage loneliness can cause. It has a huge impact on our physical health as well. Loneliness activates our physical and psychological stress responses and suppresses the function of our immune systems. This puts us at increased risk for developing all kinds of illness and diseases, including cardiovascular disease. Emerging from loneliness is far more challenging than we realize. There are many paths to loneliness. Some enter loneliness gradually. A friend moves away, another has a child, a third works a seventy-hour work week, and before we know it our social circle, the one we had relied upon for years, ceases to exist. Others enter loneliness more suddenly, when they leave for college or the military, lose a partner to death or divorce, start a new job, or move to a new town or country. And for some, chronic illness, disability or other limiting conditions have made loneliness a lifelong companion. Unfortunately, emerging from loneliness is far more challenging than we realize, as the psychological wounds it inflicts create a trap from which it is difficult to break free. Loneliness distorts our perceptions, making us believe the people around us care much less than they actually do, and it makes us view our existing relationships more negatively, such that we see them as less meaningful and important than we would if we were not lonely. These distorted perceptions have a huge ripple effect, creating self-fulfilling prophecies that ensnare many. Feeling emotionally raw and convinced of our own undesirability and of the diminished caring of others, we hesitate to reach out even as we are likely to respond to overtures from others with hesitance, resentment, skepticism or desperation, effectively pushing away the very people who could alleviate our condition. Distorted perceptions have a huge ripple effect, creating self-fulfilling prophecies that ensnare many. As a result, many lonely people withdraw and isolate themselves to avoid risking further rejection or disappointment. And when they do venture into the world, their hesitance and doubts are likely to create the very reaction they fear. Breaking free of loneliness and healing our psychological wounds is possible, but it involves a decision – a decision to override the gut instinct telling you to stay away and to play it safe by isolating yourself. Instead, you must do three things that require both courage and a leap of faith: Take action Accept that loneliness is impacting your perceptions and understand that people are likely to respond more positively than you expect. Reach out to them and suggest getting together and catching up. Yes, it will feel scary to do so, and yes, you will worry about it being awkward or uncomfortable. That is why it is also important to: Give the benefit of the doubt It is fair to assume that someone who enjoyed your company in the past would likely enjoy spending time with you in the present as well. In many cases, there might not even be a disconnect – in other words, the reluctance you assume on their part might not even exist. So reach out to the people on your list but remember to: When contacting the people on your list, try to put yourself into a positive mindset. One safe way to do that is by using text or email so you can use emoticons to create the smiley face you might have a hard time manufacturing on your own face. Review your messages before you send them to make sure they sound appealing. Loneliness is extremely painful, but once you recognize the perceptual distortions it causes and the psychological trap it creates, you will be able to marshal your courage, take that leap of faith, and plan your escape. Freedom will be sweet once you do. About the author Guy Winch is a licensed psychologist, author and keynote speaker whose books have been translated into 23 languages. He also writes the popular Squeaky Wheel blog for PsychologyToday.

Chapter 6 : Loneliness Quotes | LexiYoga

How to Deal With Loneliness. In this Article: Understanding Your Feelings of Loneliness Comforting Yourself Getting Social Again Enjoying Your Solitude Community Q&A People feel lonely for a number of reasons, including simple social awkwardness and intentional isolation.

Unlike the teens of my generation, who might have spent an evening tying up the family landline with gossip, [teens today] talk on Snapchat, the smartphone app that allows users to send pictures and videos that quickly disappear. They make sure to keep up their Snapstreaks, which show how many days in a row they have Snapchatted with each other. Sometimes they save screenshots of particularly ridiculous pictures of friends. I think we like our phones more than we like actual people. Typically, the characteristics that come to define a generation appear gradually, and along a continuum. Beliefs and behaviors that were already rising simply continue to do so. Millennials, for instance, are a highly individualistic generation, but individualism had been increasing since the Baby Boomers turned on, tuned in, and dropped out. I had grown accustomed to line graphs of trends that looked like modest hills and valleys. Around , I noticed abrupt shifts in teen behaviors and emotional states. The gentle slopes of the line graphs became steep mountains and sheer cliffs, and many of the distinctive characteristics of the Millennial generation began to disappear. In all my analyses of generational data - some reaching back to the s - I had never seen anything like it. What happened in to cause such dramatic shifts in behavior? It was after the Great Recession, which officially lasted from to and had a starker effect on Millennials trying to find a place in a sputtering economy. But it was exactly the moment when the proportion of Americans who owned a smartphone surpassed 50 percent. The more I pored over yearly surveys of teen attitudes and behaviors, and the more I talked with young people like Athena, the clearer it became that theirs is a generation shaped by the smartphone and by the concomitant rise of social media. I call them iGen. Born between and , members of this generation are growing up with smartphones, have an Instagram account before they start high school, and do not remember a time before the internet. Psychologically, however, they are more vulnerable than Millennials were: Rates of teen depression and suicide have skyrocketed since . Much of this deterioration can be traced to their phones. You might expect that teens spend so much time in these new spaces because it makes them happy, but most data suggest that it does not. The Monitoring the Future survey, funded by the National Institute on Drug Abuse and designed to be nationally representative, has asked 12th-graders more than 1, questions every year since and queried eighth- and 10th-graders since . The survey asks teens how happy they are and also how much of their leisure time they spend on various activities, including nonscreen activities such as in-person social interaction and exercise, and, in recent years, screen activities such as using social media, texting, and browsing the web. The results could not be clearer: Teens who spend more time than average on screen activities are more likely to be unhappy, and those who spend more time than average on nonscreen activities are more likely to be happy. All screen activities are linked to less happiness, and all nonscreen activities are linked to more happiness. The shift is stunning: But only about 56 percent of high-school seniors in went out on dates; for Boomers and Gen Xers, the number was about 85 percent. The decline in dating tracks with a decline in sexual activity. The drop is the sharpest for ninth-graders, among whom the number of sexually active teens has been cut by almost 40 percent since . These declines accelerated during the Great Recession, but teen employment has not bounced back, even though job availability has. At the generational level, when teens spend more time on smartphones and less time on in-person social interactions, loneliness is more common. Once again, the effect of screen activities is unmistakable: The more time teens spend looking at screens, the more likely they are to report symptoms of depression. Teens who spend three hours a day or more on electronic devices are 35 percent more likely to have a risk factor for suicide, such as making a suicide plan. Since , the homicide rate among teens has declined, but the suicide rate has increased. In , for the first time in 24 years, the teen suicide rate was higher than the teen homicide rate. This trend has been especially steep among girls. Forty-eight percent more girls said they often felt left out in than in , compared with 27 percent more boys. Girls use social media more often, giving them additional opportunities to feel excluded and lonely when they see their friends or

classmates getting together without them. Social media levy a psychic tax on the teen doing the posting as well, as she anxiously awaits the affirmation of comments and likes. The correlations between depression and smartphone use are strong enough to suggest that more parents should be telling their kids to put down their phone. If you were going to give advice for a happy adolescence based on this survey, it would be straightforward: Put down the phone, turn off the laptop, and do somethingâ€”anythingâ€”that does not involve a screen. But recent research suggests that screen time, in particular social-media use, does indeed cause unhappiness. One study asked college students with a Facebook page to complete short surveys on their phone over the course of two weeks. I realize that restricting technology might be an unrealistic demand to impose on a generation of kids so accustomed to being wired at all times. But more seems to be at stake in urging teens to use their phone responsibly, and there are benefits to be gained even if all we instill in our children is the importance of moderation. Significant effects on both mental health and sleep time appear after two or more hours a day on electronic devices. The average teen spends about two and a half hours a day on electronic devices. Some mild boundary-setting could keep kids from falling into harmful habits.

Chapter 7 : On The Other Side Of Loneliness Is Hope | Thought Catalog

Loneliness in the United States is on the rise, but psychologists believe we can reverse that trend by taking a few simple steps. Share on Pinterest If you live in the United States and are.

Newton The epiphany has finally occurred. Why on earth has it taken so long? I ask myself this as I look back on the last nine years, which I have spent trying to cover up my real issue. After getting married at twenty and then leaving nineteen years later, it took another two years before I met another man that I fell in love with almost instantly. He told me from the very beginning it would never be a relationship, and yet I have persevered with our friendship in various formats for the last seven years. During that time, I have also tried, albeit unsuccessfully, to find someone else to be a part of my personal life. I met someone else just five months ago, and after a very difficult dating period of three and half months, I ended it. We had completely different primary values. So essentially, I have been single for nine years now. To my surprise, the last man taught me that the last nine years have not been a waste. Being single does not mean that I am not of value to society which is what I had been thinking. Now that I am on my own again, I realize that this whole process of finding a partner has not been about finding a relationship at all. I have been desperately trying to overcome loneliness and possibly for a long as twenty years! Workaholic Rather than face the real issue of loneliness, I have dedicated myself to my work and various business enterprises. The people out there in the real world can see and have benefited from my productive endeavor. Alas, I have not managed to keep a reasonable amount of rewards for myself or spend as much time as I would like with my children. Constantly helping Yes, I find it easier to say yes rather than no. Oh Sue, you are so great at â€ could you pleaseâ€? And the answer is nearly always yes. It recently took me four hours to get dressed and ready for a Christmas function, and I felt exhausted by the end of it. Why do social occasions feel like work too? Social isolation I moved from my hometown twenty years ago. Since then, I have raised two children, who are now nineteen and sixteen, without a family support network. I have tried countless times to connect with various people, but somehow they perceive me as too busy and so we hardly ever catch up. I have had brief moments of companionship and then lengthy periods of getting on with life on my own. Victimhood This is the real ugly face of it. I have lost count of the number of books I have read, personal development courses I have attended, and healers I have sought assistance from. I now realize that the root cause of all of this searching for answers or a cure for me is loneliness. However, I am wise enough to know that some strategies for overcoming loneliness are more successful than others. I also know that loneliness can occur either inside or outside of a relationship, as I have felt it in both situations. The irony is that I regularly advise people on how to connect in a new location and have even carried out my own advice, but the safety barrier I have put around myself to protect me from the pain of loneliness has stopped the friendship from coming through. I have been friendly but not vulnerable enough to let people see the real me. No wonder they have let me fend for myself! If you have also created a personal protection barrier or are feeling lonely, I can recommend these tips to overcome it: Connect through your sports, hobbies, passions or interests. Meet like-minded people who share something that you also love. They will make time for you; other people already have full calendars. Borrow or adopt a dog and go walking. People talk to people with dogs. Talk to senior citizens. They have plenty of wisdom, time, and advice that they can share. By listening, you are also validating them as well as yourself. Expect it to be challenging. Keep going but start with the easiest options first. Find out why you feel lonely. Perhaps there is some bitterness, resentment, or guilt that you are carrying around. It is time to forgive yourself and others so that you have the best chance possible to connect with yourself and others. Develop new routines and rituals to celebrate special occasions and reward your new healthy behaviors. It takes courage and persistence to overcome your bad habits but it all starts with you, not someone else. Ask for help, seek some guidance, but take full responsibility for your happiness. Visualize what you want in the future and watch it materialize. Keep your vision sharp and clear. Can you see how none of these suggest finding a partner or fixing the one you have? By connecting through various people, activities, or regular commitments, you are no longer dependent on a partner to complete you or help you overcome your feelings of loneliness. And you may just

find that when you are no longer lonely, you will be happyâ€™with or without a partner. Sue started this enterprise in as a result of her own difficult transition from Adelaide to Melbourne.

Chapter 8 : More Lonely, Fewer 'Friends', Less Sex - Have Smartphones Destroyed A Generation? | Zero

"The more you learn about loneliness and how common it is, the less alone you feel," she explains. "It's hard to be lonely, but it's harder when you don't understand it or you feel alone in your loneliness."

Chapter 9 : 8 Solutions for Loneliness That Donâ€™t Require a Romantic Relationship

Lonely people are less able to pick up on positive social stimuli, like others' attention and commitment signals, so they withdraw prematurely - in many cases before they're actually.