

Loneliness

Social Anxiety West Topic Session

One of the hardest parts of social anxiety is feeling alone. These questions are intended to prompt your thinking around the topic of loneliness. You do not have to answer them, although it may be beneficial to you if you do.

Questions

- **In what situations do you feel most alone?**
- **In what situations do you feel least alone?**
- **How do you personally cope with loneliness?**
- **Many people report feeling alone even when in the company of others. If the people are there, what do you think is missing?**
- **Can you still feel lonely if you have a romantic relationship and friends? If so, why?**
- **Can you tell if a person is lonely? How?**
- **Loneliness is often caused by difficulties in developing intimacy. How do you think intimacy is developed?**
- **What prevents you from developing mental or emotional intimacy with others (if anything)?**
- **What needs to happen for you to feel less lonely? – Think of things that are within your control.**
- **How open are you about your loneliness? How might sharing your loneliness with others help you feel less lonely?**
- **How can you use the group to help yourself feel less lonely?**