

Exploring Loneliness

discussion questions

1

Everyone feels lonely sometimes. This could be due to a big loss, a major change, or something less obvious you can't quite put your finger on. When do you feel lonely? What's the opposite of feeling lonely, and when do you feel that way?

2

You can feel lonely even in the company of others. And the opposite is also true—you can be perfectly content when alone. Can you recall having felt each of these ways? Describe the different experiences.

3

Loneliness is on the rise around the world. What do you think is behind this increase in loneliness? What are one or two changes that could help with this?

4

Everyone experiences loneliness differently. It can be long-lasting or brief. It can involve deep sadness, longing, worry, irritability, or any number of other feelings. Describe how loneliness feels to you.

5

Loneliness is often seen in a negative light. But some argue that loneliness can be an opportunity for self-discovery, or a helpful reminder of the importance of human connection. Does loneliness have any potential benefits? If so, what are they?

6

Whether social media makes you lonely comes down to how you use it. For example, comparing yourself to others might make you lonelier, while connecting with good friends may make you less lonely. How do you use social media, and how does this influence how lonely you feel?

7

The way you *think* about loneliness affects how it makes you feel. If you see loneliness as proof of being flawed, it'll feel awful. But if you see it as normal and not your fault, it'll probably be more manageable. How do you interpret loneliness and how does this impact how you feel?

8

Common advice to people who feel lonely is to "make friends." But this can be hard to do. What are some reasons why making friends or even just meeting people can be so difficult?