Lonely No More

Your Guide to Beating Loneliness

**Your feelings are completely valid.**

We want to figure out what you truly NEED

1. Identify what you truly need (and what you want).
2. Identify what you value. (Check out the Values worksheet.)
3. Edit your needs & wants based on what you value.
4. Identify your Journey:

When you identify where the holes or gaps are in your life—what is causing your loneliness, then you know what is missing. Therefore, you know what makes you feel lonely.

You have just identified the aspects that you want to place into your life.

Step-by-step, your JOURNEY is a process of placing these missing “pieces” or aspects into your life.

1. Watch the first video on loneliness to see if there are any aspects of loneliness that apply to your situation, and if so, add them to your JOURNEY. “Feeling Disconnected? You're Not Alone! The Loneliness Crisis Explained” <https://youtu.be/M5b0mz7kvus>
2. Choose a first step and begin your Journey.
3. Don’t compare yourself to others, either online or in real life.
4. Accept your situation as reality. Acknowledge it. Acceptance = POWER. This is the kind of power that = energy, not force of will.
	1. Meditation—just 10 minutes a day
	2. Journaling—write down your thoughts & feelings about loneliness
	3. Self-Compassion—Treat yourself with kindness (think of kind things to say to yourself).
5. You are not alone.
6. Watch my video “How to Make New Friends: The Ultimate Guide for Everyone” <https://youtu.be/jSXm3y31DBI> . This video talks about specific methods to find and engage your friends who are also looking for you.
7. Now it’s time to talk about making the NET so you can cross the stormy seas. The “stormy seas” = the loneliness you feel and the journey you are going to take to reach the other side…which is the status you visualized when we talked about what you need and want to feel Lonely No More. So we’re going to build your Support Network.
8. The first part of a Support Network is FRIENDS
9. Passive Socialization: Passive Socialization means that you want to get out and about where other people are perhaps in your neighborhood, your community, or somewhere where other people gather, but you don’t feel like going with a specific companion or group. It also means you don’t want to be called on to take an active role.
10. Other possible important pieces of your Support Network:
11. Therapy: Both individual and group therapy is beneficial—especially as you begin your journey across the stormy sea.
12. Current Medical Care: Staying current with your medical care and taking the medicine you’ve been prescribed is probably part of the net for everyone! It’s quite common for lonely people to neglect their medical care, so be aware of that and pay special attention to your physical health.
13. Self-Care is essential for everyone. No matter what, hygiene is a must for every person. Don’t neglect the basics of a clean, shiny body.
14. Inner Strength
	1. Acknowledge your feelings
	2. Self-Care, including physical and mental health. Eat well, exercise, and get enough sleep.
	3. Celebrate your wins. Keep track of your Journey, and every milestone you reach is a “win!”
	4. Believe in yourself. Tell yourself you can do it!
15. Practicing Mindfulness
	1. As part of acceptance, see your life for what it is and accept it.
	2. Don’t sit in judgment against yourself.
	3. LIVE IN THE PRESENT MOMENT.
		1. Ground Yourself (see the 30 Grounding Exercises Worksheet).
		2. Meditation: Check out my video on Meditation: The Secret Weapon You Didn’t Know you Needed” <https://youtu.be/UbKhULDWLNk>
		3. Flow: Complete immersion in the present
			1. Find the Right Challenge
			2. Clear Your Goals
			3. Minimize Distractions
			4. Embrace the Journey
			5. Recommendation of book: Flow, by Mihaly Csikszentmihaly.
16. Plan for the Imagined Future (in the Present)
	* 1. Anticipating your Imagined Future is the way you will focus on the goal you visualized when you first thought about what your NEED to end the loneliness you feel (or what is needed to end the loneliness we see in the world).
		2. When you visualized your JOURNEY, just like using a compass, you pointed yourself in the direction of your goal and began the journey.
		3. Each step along the way brought you closer to conquering loneliness in your life until you reached your goal.

Please feel free to reach out to me in the comments at any point in your journey.

Love,

Piper