

Loneliness & Connection

You can feel lonely even when surrounded by people. Connection is about feeling seen, understood and able to be yourself.

When do I feel most alone?

Who do I feel most myself around?

What makes it difficult to reach out?

What kind of connection am I missing?

Friendship, affection, conversation, shared interests, community or emotional support?

Who could I contact without needing to explain everything?

Where could I find more connection?

What small social step feels manageable?

This week I could connect by...
