

A Letter for the Days You Feel Alone

Dear you,

You may be surrounded by people and still feel that no one has quite reached you. You might be the one who checks on everyone else, remembers what they are carrying, and answers “I’m fine” because explaining yourself feels like one more thing you cannot manage. Loneliness can be hard to describe. You do not have to find the perfect words before it deserves care.

You do not need to turn this feeling into a lesson or find something positive in it. You can simply notice: this is a hard day, and I could use some company. If reaching out feels difficult, borrow these words: “I’m having a lonely day. Could you sit with me or talk for a little while? I don’t need you to fix it.”

If the first person you ask cannot be there, it may hurt. It does not mean you were wrong to ask, or that you are too much. Try another person if you can. If nobody is available just now, choose one small thing that makes the next few minutes gentler, and give yourself permission to ask again later.

You do not have to earn someone’s attention by being cheerful, useful or easy to understand. You can arrive as you are: quiet, uncertain, tired, or without the right words. You deserve to be met with kindness before you know what to say.

With care,