

## THE BASICS: Loneliness Pt I

Types of loneliness - emotional and social.

Emotional Loneliness:

Social Loneliness:

Loneliness is a *perceived* condition, based on what we *expect* from relationships versus what we are able to secure...

As meaning-making animals, our brains might be overcompensating for the past with desires for the present and future.

We often create vicious cycles of perceiving ourselves unworthy of relationships, which become self-\_\_\_\_\_ prophecies.

There are connections between childhood trauma and developing loneliness. *Each incident* signifies a \_\_\_% increase in likelihood of loneliness.

Degree of loneliness is relatively stable from childhood to adulthood.

But \_\_\_\_\_ loneliness usually develops first, while \_\_\_\_\_ loneliness comes later.

There are differences between the genders or sexes (I'm still not sure to which they were referring) in experiences of loneliness.

Women having a more prominent or prevalent experience, especially of \_\_\_\_\_ loneliness.

There are also differences in the mental destruction caused by each variety.

\_\_\_\_\_ loneliness is more damning than \_\_\_\_\_ loneliness, but experiencing BOTH has the harshest effects.

In fact, loneliness, itself, is shown to mediate the relationship between childhood trauma and later psychopathology. NOT the trauma.

## CURVEBALL TIME - Loneliness Pt II

Loneliness is shown to promote post-traumatic growth.

Secondary to \_\_\_\_\_, loneliness is the top mediator of post-traumatic growth.

Indicating that “suffering” is the main motivator for trauma recovery.

Women in one study were shown to experience more post-traumatic growth than men.

Women were also shown to be more \_\_\_\_\_ lonely, indicating that loneliness and need for \_\_\_\_\_ connection may promote positive change in women.

Loneliness is different from isolation. One is perceptual, the other is a definitive measure of social connection.

Isolation:

Loneliness:

Can we use “isolation” for recovery and “loneliness” to motivate the process?

Isolation: the necessary short-term condition.

Loneliness: the reason to keep trying.

Being alone doesn't always go hand in hand with being lonely.

Isolation gives us opportunities for doing inner work and getting better acquainted with our \_\_\_\_\_.

Externally socializing won't make up for \_\_\_\_\_ loneliness.

Healing internal parts by understanding what gave them the initial sense of loneliness *will* ease the loneliness.

Screaming parts and \_\_\_\_\_ wounds? You'll still feel alone in a room full of people.

## REFLECTION QUESTIONS

How much time do you spend with people? Near 80%, “as average”?

Why/why not? What’s that time like? What’s the purpose? What’s the utility of being alone, for the remaining percent?

Do you gain anything from non-objectifiable (author to reader) or parasocial (character to viewer) relationships?

Have you ever? What variety of loneliness do they serve?

Have you created FUCBs around loneliness or relationship voids?

Has a failed relationship ever felt like the end of the world? Have you ever asked “what’s the point?” Felt unable to secure any fulfilling relationship? Have you ever believed a relationship would *fix* something (you, a situation, a wound)?

Do you have enhanced physical health issues during times of loneliness?

Enhanced mental health issues?

If you counted up your ACEs, what % loneliness does it predict? (ACEs x 28%)

Have you experienced emotional or social loneliness?

Both? One more than the other? Tied to any particular time periods in life?

(Who knows) but do you see a tie between sex/gender and sense of loneliness?

Why do you think that does/doesn’t exist? (still not sure about that data)

Have you ever been in a “loneliness cycle of self-defeat”?

What sparked the cycle, and what about it was self-sustaining? (avoidance of pain?)

Has your sense of loneliness been relatively stable over a lifetime?

Do you feel that loneliness contributed to development of psychopathologies such as anxiety, depression, and phobia?

### **Ep 2:**

Do you see loneliness across your Complexly Traumatized timeline? During the trauma, pre-diagnosis, post-diagnosis, and during recovery?

Which portions are/were the most difficult? What challenges have you found surrounding fulfilling and trustworthy connection during these phases?

Do you ever “isolate” without feeling lonely? Does it eventually become lonely?

What is the utility of isolation for you? Is there a benefit to your system?

How can you fulfill your emotional and social needs, with what you’ve got?

Can you seek emotional connection fulfillment with a safe, but limited, relationship?

Can you fulfill your social connection needs with “loose” or detachable friends, coworkers, and parasocial relationships?

What, specifically, are your relationship needs? Define what you’re seeking.

How can you get started now, opening opportunities for safe connections?